

# Grad school all that, then some

There's light at the end of the halls of academia—but it's just more studying



ELIZABETH  
MCMILLAN

Four years ago, I thought an Honours degree meant making the Dean's List. Four years ago, I didn't even know what "faculty" meant. And while I went along avoiding life decisions like any other over-achieving high school export, I assumed university was the way to go.

As an undergraduate, the term "grad student" held an elusive quality that evoked images of leather-bound books and intellectual, coffee-shop conversation. I assumed that this never-before-seen breed of student was well versed in the classics, politics and possibly Latin.

In this warped version of academic advancement, I never expected to be 21 and sitting in my first graduate seminar. But now that I am, I've tried to adopt some confidence to go along with my new intellectual status.

Walking across campus during Orientation, I felt a smug satisfaction that I would no longer be taking part in these typical undergrad antics. There would be no cheering or painted face for me. I was a university veteran: I'd survived four frosh weeks, three homecomings, and too many essays to count. I wasn't phased by words like "syllabus" and "pedagogy"—I could almost spell them. I vowed to focus on my studies, which I assumed meant actually

completing assignments and not going out on school nights. I even debated the merits of buying a tweed blazer with stylishly worn elbows in preparation for my semester in the library.

The self-assurance resulting from this newfound maturity and good judgment wavered when I woke up on my first day with a headache that wasn't induced by late night reading. I got lost when trying to get a ONEcard. I even had to ask directions to "the SUB."

**As an idealist Masters student who hasn't yet had her ego burst by brilliant classmates, I want the comfort of knowing where I will end up and how I will get there.**

I grimaced when I realized that years of late nights and early classes—not to mention two extra letters after my name—still qualified me as a new student. I began to wonder what separates a graduate student from the backpack-clad masses.

Sure, marks, ambition and the financial ability to continue schooling play a big role, but I want there to be more. I want to believe I'm here because of a dedication to learning and teaching that isn't just a focus on future job prospects. As an idealist Masters student who hasn't yet had her ego burst by brilliant classmates, I

want the comfort of knowing where I will end up and how I will get there. Tenure now? Thanks.

Unlike some of my undergrad counterparts, I'm lucky enough to know what I'm interested in and have a general idea of where it could lead. But guess what: I still need to graduate, so instead of school getting easier, I'm experiencing a new level of self-consciousness about my work. There's an expectation that I should know what I'm talking about, even if it's only from myself.

In a way, graduate work is a reward in itself. Now, I've gotten past the boredom of intro courses and love what I'm studying. Now, instead of trying to suppress freshman interest for fear of being the annoying student who asks questions, I'm grateful to be challenged by my classmates.

While there were no keg stands or frat parties, my first week ended with casual conversation over drinks with fellow MA students. No one mentioned the library, but I'm sure they will point me in the right direction the next time I'm lost.

One week down and what have I learned? It's fun. People are nice. The third floor of the humanities building isn't the Ivory tower I expected at 17—though I'm happy to be there nonetheless. I completed my first reading before the course even started. But rather than taking the rest of the month off, I already feel behind and probably will until I collapse from exhaustion in mid-December. And I might hold off on the tweed for now—though I could do with some smart argyle sweaters.

# Pity the minor minority



EVAN  
SMITH

That, plus I've never seen "underage" on a list of things girls are looking for in a guy—and even if I did, I would probably be creeped out anyway.

I've since passed that magical milestone, meaning I'm now an adult with a little extra perspective and a little bit of wisdom to pass on. A new batch of first-years means a new batch of the "minor minority," and my advice to you old-timers is to look out for the little guys (and girls). After all, minors are one of the only groups against whom it's still legal to discriminate.

So hang out at the coffee shop instead of the pub once in a while—for their sake. But don't treat them like kids: they've had to get through the same schooling and problems as any 18-year-old, and with one less year of life-experience backing them up. The little things count as well, like selling youth bus tickets at the campus information kiosks so the young 'uns don't have to walk over to the nearest convenience store in order to save a few bucks.

As for you minors: whether you're a sprightly seventeen or even a really gifted twelve-year-old, *make some new friends*—even if they're older than you. Start with a, "Hey, what's up?" and go from there. You should also know that a cover charge is like an admission fee to a bar or club (I know it doesn't make sense but you'll learn to live with it), and that the Young Offenders Act isn't all its cracked up to be, so watch it. Oh, and look out for number one. That's me. You can say hi if you want. Lastly, do something with yourself before it's all about booze and strippers. Join a club, paint a picture, or even write for *The Gateway*—all the cool kids are doing it.

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# Keep fit, have fun and don't be a lazy fuck



DUSTIN  
LOOMES

“From high school to university, your body is becoming more adult. As your body changes, so too must you adjust. Are drastic alterations needed? Well, your weight is a balance between calories taken in and calories burned, so in fact, a small daily change can be enough to make a big difference over the long run.”

Your mother warned you about it before leaving home. You've heard its name whispered in the hallways at school. It attacks both sexes, but prefers girls. You can't see it, but you know it's out there, and it might be heading for you. Yes, it's the dreaded "Freshman 15."

Where does the "Freshman 15" come from? Slowing metabolism accounts for part of it. It all starts when you hit university for the first time. Fresh out of high school, you've likely not had to worry too much about what goes down the hatch. But before you know it, your pants start to feel a little snug and your breasts are getting a little bigger (you too, guys).

From high school to university, your body is becoming more adult. As your body changes, so too must you adjust. Your weight is a balance between calories taken in and calories burned, so in fact, a small daily change can be enough to make a big difference over the long run.

Researchers at Cornell University have shown that the average amount of weight gained by male students in the first twelve weeks of school is four pounds, not the purported 15. The study also showed that, on average, an extra 174 calories account for this increase. So, one less cookie a day or switching to diet pop could help to balance the scales.

It's also been proven that weight lost on diets invariably returns. Your body's metabolism slows down when you try the newest fad diet. Once the diet is over, your body starts to bank up calories. Despite what you've heard from that girl in your biology class, diets—especially fad diets—don't work.

The same can be said for skipping meals: rather than avoiding the calorie intake, actually taking the time to have breakfast will get your metabolism going for the day.

As a student, you are by definition sitting on your ass for hours on end, and

with academic life you may feel like there are just not enough hours in the day to exercise. However, the evidence suggests that students who exercise balance their time more effectively.

Thankfully, the U of A has tons of options for helping you become active. Campus Recreation, for example, has many fitness and lifestyle classes you can enrol in to get your athletic groove on, from aquasize to acrobatics to ashtanga yoga. There are also intramural activities that feature almost every type of sport imaginable—even inner-tube water polo!

In addition, there are many different athletic clubs you can join, like badminton and curling. You can even get credit in a sport, which sure beats some of the classes I've taken.

At the end of the day, you have to be happy with your body. Dance naked in your room. Go see *Little Miss Sunshine*. And take heed of Hal and Joanne's timeless words of bodybreaking wisdom: keep fit and have fun.

# I've had it with these motherfuckin' stingrays!



CONAL  
PIERSE

gets killed by an aquatic doormat?

According to Australian wildlife filmmaker David Ireland, a stingray's barb is as deadly as a bayonet—a bayonet dipped in poison—that these were dangerous animals, and that what happened was terribly unfortunate. I say that Steve Irwin was assassinated by a rogue stingray and that we shouldn't take this sitting down. Sure, he might have aggravated it by snorkelling too close to its comfort zone, but when a person walks into your personal bubble do you really consider bayoneting them in the chest to be a reasonable solution?

Now I've checked Wikipedia, and according to them there are a variety of different (and apparently tasty) dishes that can be prepared with stingray, so revenge can be a dish served either hot or cold in this case. And as we dine together around a bonfire on the meat of our stingray enemies, we can all sing this dirge in the memory of the best damned crocodile hunter the world has ever seen: "Bye, Bye, Mr Australian Guy / Drove my Harley to the Barbie but the shrimp were all dry / And good ol' boys were drinking fosters and rye / singing this'll be the day that I die."

Now, you may tell me that you saw the Crocodile Hunter's death coming—that it was only a matter of time before he pissed off the wrong animal. And I agree that seeking out poisonous rattlesnakes and proceeding to provoke them—until they're more furious than an alligator that has just been drop-kicked by an Australian—is a dangerous game, and not one to be taken lightly. But none of you can honestly tell me that you thought he would die as a result of a sneak attack from a bloody stingray.

You all expected something far more brutal and visceral, a real *man's* death where Steve Irwin was locked in a deadly embrace with an angry croc, choking it to death as it savagely bit his chest, all the while telling the camera, "Crickey, she's a feisty one!" But a stingray? A fucking stingray? The goddamn pancake of the sea? Who

## By-Election Nominations

We are now accepting nominations for the Students' Union By-Election to be held on September 28 & 29.

The following positions available are listed below by faculty:

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- 2 Students' Union Council Seats
- 1 General Faculties Council Seat

### Arts

- 3 Students' Union Council Seats
- 4 General Faculties Council Seats

### Business

- 1 General Faculties Council Seat

### Education

- 3 Students' Union Council Seats
- 4 General Faculties Council Seats

### Engineering

- 1 Students' Union Council Seat

### Faculte St. Jean

- 1 General Faculties Council Seat

### Medicine and Dentistry

- 1 General Faculties Council Seats

### Native Studies

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

### Nursing

- 2 Students' Union Council Seats
- 2 General Faculties Council Seats

### Open Studies

- 1 Students' Union Council Seat

### Pharmacy

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

### Rehab Medicine

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

Nomination Packages are available from 2-900 SUB, 3-02K SUB, or online at [www.su.ualberta.ca/vote](http://www.su.ualberta.ca/vote)

Nominations are due on September 18 @ 17:00

**vote**  
STUDENTS' UNION ELECTIONS 2006

New!

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F O R Y O U \*





NEIL WILDING

**SHE PROBABLY DIDN'T GET THIS BALL** The white-wearing Pandas won with tough defence.



PETE YEE

**BALD IS BETTER** Hair interferes with headers. Yes, they managed to get this one, but they also lost.

# Soccer teams finish weekend undefeated

Pandas post a pair of 1-0 wins against Lethbridge and Calgary

CHRIS O'LEARY  
Sports Staff

After having a number of close calls in front of the net this past weekend, it turned out that the Pandas soccer team only needed Alix Strap to get the job done.

The fifth-year striker was the lone source of offensive production for the Pandas, as they topped the University of Lethbridge Pronghorns 1-0 on Friday and found the same result against the University of Calgary Dinos on Sunday afternoon.

Strap's two goals were an understatement on the extent that the Pandas controlled the ball in both games; they out-shot Lethbridge 19-2, and Calgary only saw one shot, compared to the twelve that Alberta peppered at the Dinos.

Pandas head coach Liz Jespen was happy to have won the games, but would have liked to have seen scores that reflected the amount of time the Pandas spent controlling the attack against the Pronghorns.

"It's unfortunate," she said of her team's inability to score. "We created a lot of opportunities and we just have to work on finishing [them]. We were right on the line a few times, we hit lots of posts ... [the goals were] right there."

As the soccer Bears saw their win turn into a disappointing tie in their Friday match against Lethbridge, they can attest to the fact that anything can happen in the dying moments of a one-goal game. Jespen wanted to avoid that situation with her team.

"The end result is the end result, but other

teams feel like they're still in the game. You can punish a team if you score four goals. If it's 1-0, anything can happen. It's certainly not ideal. It's always much better when you score many goals," she said.

While Strap admitted that the games were tough, she was happy to come out of the weekend with her team at 2-0-0. After a pre-season tournament where she and her teammates were scoring with ease, she said the regular season always promises tougher defences.

"They were close games," she said. "We battled through them, but at the same time, during the pre-season [teams] weren't playing all their starters. We're happy though, because we got the wins."

"I thought as a team we played really well this weekend," she added. "We're building. Last year at nationals, we didn't do as well as we had thought, so we decided to start building now. We got two big wins and I was happy I could get two goals out of it."

With the team clicking defensively, Jespen is hopeful that they'll follow the lead of Strap, who's set a strong example offensively for her teammates.

"[Strap is] a fifth-year; she was our captain last year and our captain this year. She's just one of those players who's solid. She doesn't make any mistakes," Jespen said. "And she can turn ... she has an ability to turn and shoot really quickly, and that's something we'll look to use as much as we can. That really balances out the other two front-runners running, and they all make for a nice combination."

Bears let the win slip away versus the 'Horns, but beat the Dinos

VERONICA DOLEMAN  
Sports Writer

While the Golden Bears soccer team ended their first weekend of play with an undefeated record, a game-tying goal given up in the 92nd minute to the Lethbridge Pronghorns put a sour note on an otherwise successful opening weekend.

Matt Hillen's goal in extra time spoiled a dominant first half from the Bears in their opening game, and gave Alberta (1-0-1) an unsatisfying 1-1 tie to start the season.

"[Our play was] not good enough to get the win," Bears head coach Len Vickery admitted. "In the second half we conceded the game to Lethbridge. We had one or two chances to put them away; we weren't good enough to do that."

Alberta took charge in the first half of the game, but the Pronghorns reversed their fortunes in the second half, pressuring the Bears net until Hillen evened the score.

"I thought it was a game with two halves: they controlled the first and we completely controlled the second," Pronghorns head coach Randy Bardock said. "I thought we were a little nervous and tentative first half. In the second half, I thought we played the way we were capable of—it was great to watch."

"They took the play to us in the second half," Vickery agreed. "We could have had them mentally if we had been good enough to put a second or third goal past them early when we had opportunities, but they must have felt they were always in the game."

Redemption for the Bears would come Sunday

afternoon against the Calgary Dinos, as John Konye scored the only goal. This time, the Bears managed to hang on to the 1-0 lead.

The striker from Edmonton potted his first goal 45 minutes in, and almost added another at the end the game, but the attempt was saved.

"It was a good way to start off the season. I should have scored two goals, but I wasn't able to put the last one away," Konye said.

The goal heading into halftime gave a boost to an Alberta team with a blown lead still fresh in their minds. It also helped to quell a Calgary team coming off a 4-0 thrashing of Saskatchewan.

"Anytime in soccer, not just today, when you score just before the half it's a huge boost. I think the encouraging thing is that we had opportunities in the second half to put the results away," Vickery said. "The Dinos had come out with a game plan pretty strongly; we had to overcome a few obstacles—their confidence and our little bit of anxiety—and we accomplished that."

While the goal brightened the spirits of the Alberta players, it was their defence that was causing the problems for Calgary.

"We kept playing; though it may have put in a bit of a frustration factor because we weren't creating enough chances," Dinos head coach Andy Gibbs said.

While Vickery admitted that his team is slow out of the gate compared to other teams, he also noted that his team's play will improve as the season wears on.

"As we get physically stronger and get ourselves a little bit better prepared and organized, we're only going to get better," he said.



# Bears hunt for sixth straight win over Oilers

PAUL OWEN  
Sports Editor

In 2000, Mike Comrie was a highly touted, highly paid Oilers rookie. Five years have passed, but no other Oiler newbie has been able to duplicate Comrie's impact by leading his team to a victory over the Golden Bears in the annual contest between Alberta and the Oilers rookie squad.

While the relationship between Comrie and the Oilers soured, the one between the Bears and the Copper and Blue stayed the same as the Bears have dominated the Oilers hopefuls, shutting them out twice, and winning two others by scores of 7-2 and 8-2. Last year's 5-4 overtime victory gave the Bears the longest winning streak in the history of the matchup, which has been played every year since 1988.

But, despite the Bears' successes, head coach Eric Thurston sees this year's game, taking place tonight at 7pm at Clare Drake Arena, as a crap shoot.

"Don't kid yourself, [the Oilers] have had some very talented teams in the last five years, and their team this year should be the mirror image," he said. "Not to take anything away from them, but we've had some pretty good players come through also."

In the Oilers' corner this year are some recent CIS rule changes that have seen the league adopt the same rules as the NHL regarding obstruction penalties.

"[The Oilers] obviously got some tremendous talent, so it's going to be a very tough game for us, physically and with the new, NHL-style rules on the stick-fouls, tripping, interference and no-tolerance policy. It'll be



FILE PHOTO: JEFFREY GREENIAUS

**THAT'S HOOKING!** The Bears won't be able to get away with any illegal stick usage when they take on the Oiler rookies tonight at 7pm at the Drake.

an adjustment for us, especially in this first game, not having played [by the rules] at all yet," Thurston said.

The new rules, however, should help a Golden Bears squad that has been put together for skill and speed, and that, in recent years, has complained of teams countering with dirty play that often went unpenalized.

"We built our team looking at the new rules coming through. We have very skilled forwards; we want to

look for a lot of speed and tremendous puck control through all three zones," Thurston said. "The new rules will really help us. We'll have wide-open hockey; we've always played that way, and a lot of teams now won't be able to take the liberties—the hooking, the holding, the tackling, the jumping on our backs—that they have in the past."

The Bears will also feature a vast array of new talent, after ten players moved on from last year's national

championship team. Goaltender Aaron Sorochan, defenceman Harlan Anderson and a skilled set of veteran forwards will be tasked with picking up some of the slack and leading a group of nine new Bears.

Most of those new faces will see action in the game against the Oilers, but Ian MacDonald and Chad Klassen are both nursing injuries, and Brian Woolger is in camp with the Tampa Bay Lightning.

Still, Thurston sees the game against the pros as the perfect starting point for the new season.

"It really jump starts us," he said. "Physically it gets you into what's expected [in the season], and it's almost a mirror-image of what the other teams are like in Canada West or CIS that you're going to face at nationals. It gives you a great show of what you have to work on to get prepared."



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# Five quit Rams over alleged racial comments by coach

AMIT SHILTON  
*The Eyeopener*

TORONTO (CUP)—She is Ryerson’s reigning female athlete of the year. She’s a former MVP of the women’s basketball team and a five-time female athlete of the week. This was supposed to be the year for Amanda Redhead and the women’s basketball team.

But the all-star forward has decided to call it quits in her final year, along with four of her teammates, and file a formal complaint against head coach Sandra Pothier, accusing her of repeatedly making culturally insensitive remarks towards her players.

Josephine Agudo, 22, Julia Ounphongxay, 19, Vanessa Smardenka, 21, Danielle Williams, 18, and Redhead, 24, resigned from the team at different intervals throughout August, vowing only to return if the University fires Pothier.

Pothier has been ordered by Ryerson officials not to comment about any allegations while an investigation is underway—leaving her side of the story untold. But she did have high praises for Redhead.

“I think Amanda is a great player and I have a lot of respect for her work ethic. I don’t have anything negative to say about Amanda,” Pothier said.

However, Redhead has a different view of Pothier, who has coached the team for 15 years. The former women’s national team scout coached Ryerson to a 17–49 record during Redhead’s time at Ryerson.

The conflict reached its peak during a player-coach meeting on 26 July.

Redhead has charged that in their meeting, Pothier said that, because of Redhead’s black heritage, she respects the suggestions of male authority figures more than their female counterparts, due to the prevalence of single-parent families in the black community. It was the last straw for Redhead in a three-year battle that has only gotten worse.

“I took that to heart,” Redhead said. “When you lose respect for someone, you can’t play for them. It doesn’t matter whether or not you don’t like them, you have to have a certain respect for them and obviously she doesn’t have respect for who I am. So I said, you know what, ‘eff’ it, I’m quitting.”

Two weeks after Pothier allegedly made the comments to Redhead, Ounphongxay confronted the coach. Pothier defended herself, asking the player if she would take offence to the statement that all Asian people are sheltered and hide their feelings, Ounphongxay said.

“When we play, we represent our coach,” Ounphongxay said, adding she doesn’t feel she can represent Pothier. Ounphongxay said she “didn’t grow up like every Asian kid” and doesn’t appreciate the generalization.

Terry Haggerty, Manager of Interuniversity Sports for Ryerson University, isn’t willing to confirm or deny the allegations against his women’s basketball coach.

“You’re really going to get a ‘no comment’ from anybody here,” Haggerty said. “That’s an investigation completely separate from us, and we don’t interfere with the process.”

David Dubois, Director of Sports and Recreation at Ryerson, would only say that, to his knowledge, there has never been any “big complaint or issue” with Pothier.

But the *Eyeopener* has learned that similar allegations were made in 2001 and 2003. In 2001, a formal plan to settle issues between coach and players was developed by Dubois and Pothier.

Victoria Owusu-Ampong, a former Rams women’s basketball player, said in a statement to the *Eyeopener* that Pothier was often the source of conflicts within the team.

Other coaches dismissed the alleged infighting, saying tension is a part of any team.

“That’s going to happen in any setting whether that’s a basketball team, an office or a family,” said assistant women’s basketball coach Jason Andrade. “There’s always going to be people that drift off together for whatever reasons.”

But for Redhead, unity is the most important element to having a successful team.

“We’re a team, and [when] we’re playing against another school, we have to show that we’re together,” Redhead said. “On any team there’s going to be some type of trouble, it’s not going to be perfect ... for me, it’s after three years and I’m just like, enough is enough.”

Still, Pothier is respected by many around the league for her experience with the women’s game.

Brad Schur, Royal Military College’s women’s basketball coach, coached against Pothier for the past five years



JOHN MATHER, THE EYEOPENER

**WE WON'T TAKE IT** Redhead and her teammates want Pothier fired.

and holds her in high regard.

“I started on the men’s side so she’s kind of helped me get my feet on the ground, so to speak, on the women’s side. She’s always been a great help that way, getting used to the women’s game and helping to get to know people,” Schur said.

Pothier and the players are still waiting for a resolution before the season begins in early November. Since the complaint was filed, neither side has received any definitive answers from legal counsel. Williams, who averaged 12.4 minutes per game last season, just wants to play again.

“I’ve been playing basketball for ten

years,” she said. “Every single year, I’ve never had a break. That’s what I do, I play basketball and I go to school. This year, I’m only going to school. It just hurts that something I love has to go.”

Redhead, who is entering her final year in public administration and governance, wants the issue resolved so she can find her way back to the courts.

“As a player, I’m so agitated because I know all of us love basketball and we all work hard,” said Redhead. “The thing that really, really agitates me is that this is not the first time. Why doesn’t anybody do anything about it? No one says anything. Everybody’s scared. Scared of what?”



MIKE OTTO

**RUN LIKE THE WIND, BULLSEYE** The cross-country teams train at Hawrelak.

# Cross-country looking for leaders

NICK FROST  
*Sports Writer*

With another season ready to begin and training already a month underway, the University of Alberta cross-country team will be looking to regroup from a season that saw both teams finish below expectations.

The Bears’ side is coming off of a season that saw them finish just out of the medals at the CIS Championships in Halifax, which brought to a halt any aspirations that the Bears may have had of a fourth-straight bronze medal and a sixth-straight Canada West title; however, the snapping of their medal streak has done little to dampen their view of last season.

“Last year’s result was definitely not disappointing,” third-year head coach Georgette Reed said. “We were right where we needed to be to hopefully get another bronze or challenge for the silver, but Victoria came up and their fifth runner pulled off something phenomenal, which was something we weren’t expecting and, probably, they weren’t expecting either.”

The Vikes managed to squeak past the Bears by four points to take the bronze medal last November, thanks to their fifth runner finishing six places in front of Alberta’s fifth. The top-five finishers score for each team.

This year’s edition of the team will see the emergence of new leaders, on both the women’s and men’s sides, with the departures of their respective MVPs, Liz Ramage and first-team All-Canadian Adrian Lambert.

“It [would be] nice to have [Lambert and Ramage] here, because then you know that there’s always somebody in form,” Reed said. “But, there’s really not a huge impact—as far as ability—because other people have stepped it up, and we’ve got other leaders that are coming on to take their place.”

Reed feels that the men in particular will have absolutely no issue finding the right runner, or combination of runners, to get them back to the medals.

“We have people like Sean MacDonald—who has really come on this year—Jason Carver and Mike Metcalfe; those kinds of people are coming on, and will soften the blow of

losing someone like Adrian,” she said.

The Pandas’ side, however, will be harder pressed to find a formidable leader to carry the team, because of the losses of not only Liz Ramage, but also veterans Stephanie Hirtle and Heather Hurdle. There was hope that last year’s women would achieve a top-six finish in the overall standings; however, the women finished well back in eleventh. Now, having lost three of their top runners, the women will need huge contributions from returnees like Jenny Hockin, Terra Manca and Kristen Rylance, as well as any new recruits to propel them back into the top-ten or higher.

Both the Bears and Pandas are aware of what is necessary to achieve greater results in 2006/07. One of the big focuses in the teams’ early season training has been the team dynamic.

“It’s all about training as a team, giving a group effort,” Reed explained. “We’re only as strong as the weakest link. So we’re trying to make sure that we look at a team approach and really value how much strength we have as a team, and build from there.”



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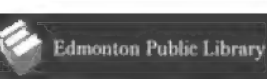
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# Kissing and telling for the first time

*The OC's* Rachel Bilson chats with the *Gateway* about her role as a temptress in upcoming movie *The Last Kiss*, her fabulous co-star Zach Braff and how the film has given her a chance try new things

## Movie Preview: *The Last Kiss*

Starring Rachel Bilson, Zach Braff,  
Blythe Danner and Tom Wilkinson  
Directed by Tony Goldwyn  
Opens 15 September  
Empire Theatres

ELIZABETH VAIL  
Arts & Entertainment Staff

Upon visiting the official website for the upcoming film *The Last Kiss*, one is confronted by the question: "We all make choices. What's yours?" Apparently, this query plays a large role in the creation of the movie—which is based on a series of pointed, careful choices, and their subsequent effects.

Of course, one of those decisions was when Lakeshore Entertainment's Tom Rosenberg and Gary Lucchesi saw *L'Ultimo Bacio*—a 2001 Italian film that won five Davids (the Italian equivalent of the Oscar)—and became profoundly affected by the tale of four men in their 30s reluctant to start wrestling with the responsibilities of adulthood. However, Rosenberg and Lucchesi weren't the only ones to be touched by this poignant film. Rachel Bilson, better known for her work on the hit television series *The OC*, resolved to star in the film because she was equally influenced by the original.

"I saw [*L'Ultimo Bacio*], and I just thought it was a beautiful piece," Bilson says in a phone interview. "[I knew] that to be able to be part of it would be such an honor, as well as to work with these amazing actors and recreate this beautiful film."

PLEASE SEE **BILSON** ♦ PAGE 19



# Die-Nasty gets high on theatre, veggie juice

## Die-Nasty Soap-A-Thon

Starring Ron Pederson, Jeff Haslam,  
Leona Brausen, David Belke, Mark  
Meer and Davina Stewart  
15-17 September  
Varscona Theatre

MATT FREHNER  
Editor-in-Chief

Those who say that performance is like a drug are usually referring to the adrenaline rush or to its addictive quality. Mark Meer, though, has something a bit more specific in mind when discussing the annual *Die-Nasty* improv marathon.

"The Soap-A-Thon itself is intense," says Meer, a 14-year veteran of the 53-hour spectacle. "It's like a vision quest, really—akin to an acid trip for the performers."

"It's the edge of madness," he continues. "When I say it's like an acid trip, I mean *very much* like an acid trip, including hallucinations and wild mood swings. The first few years I did it, near the end, I'd start to get slight spatial hallucinations about the relationships of objects in space—things looked further away or closer than they were. You could watch the drapes start to move if you stared at them for too long."

Like many actors' not-quite-sane ideas, the improv marathon arose

from a little bit of theatre bravado. "It was an idea that was inspired by the *Guinness Book of World Records*," Meer explains. "Because of all that record breaking and pole-sitting and what-not, we decided to do an improv endurance test. The first year it was 48 hours. For the first five years we added an hour every year, but then we got up to 53 and it's hovered there since."

**"The Soap-A-Thon itself is intense. It's like a vision quest, really—akin to an acid trip for the performers."**

MARK MEER

Now in its 14th year, the Soap-A-Thon always marks the beginning of the new season of *Die-Nasty*. Each year, the marathon revolves around a different story: this time, it's a wedding between the offspring of two influential families.

And, just in case two-plus days of continuous improvisation might become a bit dull, Meer and company will also be hosting a number of "specialty hours," one of which is the "hours of gratuitous nudity." The catch, according to Meer, is that the

nudity must be platonic.

"The performers are under no obligation to remove any clothes. But, if the mood strikes you, then that's the time to do it," Meer explains. "One caveat is that all the nudity in that shift be completely non-sexual. It would be shopping with no pants, or, for some reason, finding an excuse to remove your clothing in the middle of scene, but not in a sexual context."

Another theme hour will be the gift unwrapping: audience members are encouraged to bring their own gifts for the happy couple.

"Bring wrapped wedding gifts, and they'll be put aside for the gift-opening noon on Sunday," Meer says. "We'll welcome anything—we're not registered anywhere."

Though the show is one continuous wedding story, with intricate plots and subplots, as well as dozens of characters, the entire run is improvised. As such, the best characters are often completely unplanned as well.

"When you're staying up for 53 hours, you need supplies, like lozenges and such," Meer remarks. "One year I was in the drug store buying some, and there was this rubber [Halloween] mask that I thought looked hilarious. So I grabbed it, and I ended up playing this character—the Lava Monster—in one scene, thinking that'll be all the use the rubber mask gets. I ended up



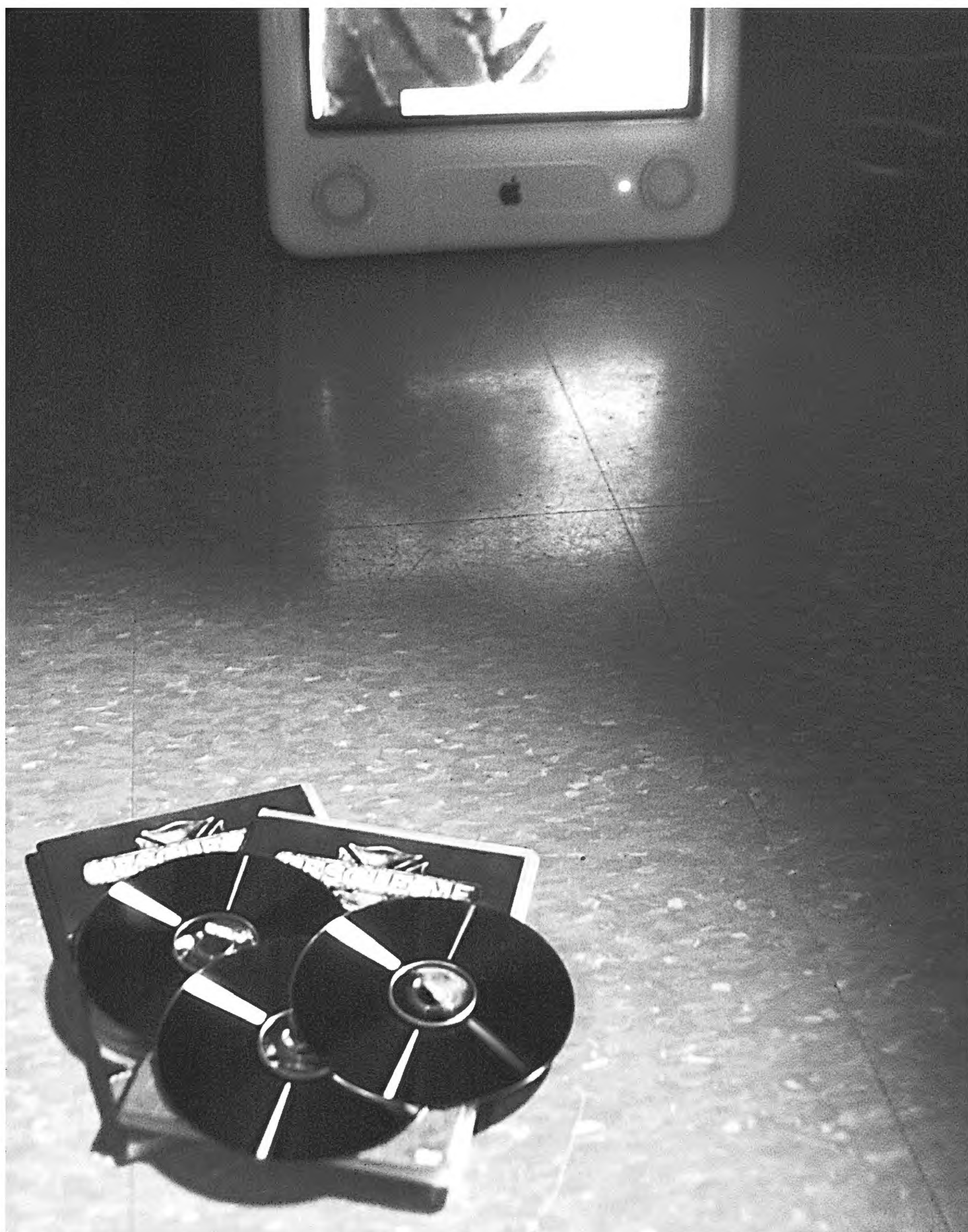
liking him so much that I played the character for 36 hours. In a rubber Halloween mask."

Mask-sweat aside, when on stage for such an extended period, there are certain obvious health concerns. According to Meer, who's made it all the way through ten Soap-A-Thons, the most important thing is to keep hydrated.

"Don't rely on caffeine," he says. "You can have it near the end, but if you rely on it too soon, you're going to crash. Vegetable juices are good, because they aren't too sugary."

"Besides the sleep deprivation, and your body shutting down, the rest is all fun—it's really one of the most intense and cool improv experiences that you can have as a performer."





MIKE OTTO

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## I can't watch TV anymore

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PAUL OWEN

You'll have to forgive me if I'm not excited at all about the new TV season. Don't get me wrong, though; I'm as thrilled as anyone to find out what was in Kendall Casablancas' briefcase on *Veronica Mars*, but that doesn't mean that I'm going to be glued to the TV on Tuesdays just to see what happens next. You see, after catching the first two seasons on DVD, I just have no desire to watch it—or any other prime-time programming—on TV anymore.

Everything on TV that's worth watching—and even most of it that isn't—is hitting DVD these days. DVDs allow you to enjoy a show in high definition and surround sound (if filmed in it, which most major networks do nowadays) without forking over the ridiculous amounts of cash that Shaw and Bell charge for HD programming, not to mention the associated receiver. The programming comes commercial free, the season is never interrupted by re-runs and if there's a particularly riveting moment, you don't have to wait a week to see the exciting conclusion.

DVDs avoid many of the pitfalls that can occur in network programming. A show's time slot doesn't affect

DVD devotees, and often a critically acclaimed show such as *Freaks and Geeks* can gain a second following in DVD land. Fox might have screwed with *Family Guy* enough over its first three seasons that it could never gain the audience required to keep it on the air, but, after selling 2.2 million units in the US alone in its first year on DVD, the show gained a second chance and is now thriving.

**Between the lack of commercials and the convenience to watch whenever you feel like it, DVDs and the Internet have ruined television, while at the same time, making it infinitely more awesome.**

After Fox got trigger-happy with *Firefly*, its DVD sales proved there was enough of a market for *Serenity* to be made. The selling ability of DVDs allows consumers to provide a more accurate conception of how popular a show is. I could love *24* or *Desperate Housewives*, but if I'm working nights, there's no way for me to watch them except on DVD.

And don't forget the fact that DVDs also give Canadian viewers the opportunity to catch shows that air on the BBC or HBO; otherwise, they would need a specialty cable or satellite package to do so. Having spent the past year-and-a-half working for a large, chain video store, it's no shock that *The Sopranos*, *Six Feet Under* and *Sex and the City* are the most commonly rented DVDs.

People often don't get into a show right off the bat, but with the exception of hoping for summer reruns, getting fully caught up on a show, especially after the first season has aired, used to be virtually impossible. DVD changes all that, as well as giving viewers the ability to rent the first disc of a show to test whether or not they'll enjoy it.

Finally, if legality isn't your bag and you can't wait until the next season comes out on DVD, new episodes are quite often available for download on the Internet. Using a program such as BitTorrent will allow you to catch shows often as soon as the morning after they've aired in prime time.

Between the lack of commercials and the convenience to watch whenever you feel like it, DVDs and the Internet have ruined television, while at the same time making it infinitely more awesome. Maybe I won't be tuning in to Fox on Tuesday nights, but I won't miss a single episode of *House*—at least until they cancel that, too.

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# Reviewing a week of musical welcome



NEAL WILDING  
Arts & Entertainment Staff

When I arrived at the Powerplant on Saturday, local Amy Seeley was in the process of swooning the seated crowd with her carefully crafted, and often sorrowful, folk ballads. Seated alone on stage, and switching from one keyboard to the next between songs, the young singer/songwriter had a strong stage presence that held her audience captive throughout her set. After her performance, some of the crowd

shuffled out, while some younger scene-happy students replaced them, settling in as Toy Singers took to the stage. The local quintet, boasting a plethora of instruments, worked everything into their show, from an organ and xylophone to a harmonica and trumpet. Their sound, however, was far from original, especially in what is an already talent-ridden, indie-folk genre. Despite playing a strong Shins cover, the band was unable to get the sedate crowd to do much more than shift in their seats.

PHIL HEAD  
Arts & Entertainment Staff

Sunday night at the Dinwoodie Lounge proved to be a music-rich and chuckle-provoking evening. Radio Vacana opened, but really, everyone—especially one adventurous soul—was waiting anxiously for the reggae-pop group Bedouin Soundclash. When they started their set, Bedouin made people want to get up and dance so much so that one audience member felt compelled to jump on stage during "When The Night Feels My Song" and honour the rest of the crowd with her dancing before thankfully being removed by security.



JOEL TIDEMANN  
Arts & Entertainment Writer

With crashing symbols, loud, catchy beats and a rambunctious stage presence, The 88 opened Thursday night's show in a big way. The upbeat tempo of the openers left the crowd abuzz and anxiously awaiting more inspired sounds. True to expectations, Matt Costa delivered and left few unsatisfied. Matt definitely covered all his bases as he engaged the crowd with everything from bouncy tunes that made many break out their dancing shoes, to slower, rousing, acoustic melodies. The high point of the show, though, came when Matt broke into *Sunshine*, which turned into a lively sing-a-long with the crowd.



## U of A Scholarships are the solution!

**The Student Awards Office** has several scholarship competitions with fall deadlines.

- Each competition has its own set of criteria and eligibility requirements as outlined in the following descriptions.
- For additional information on these and other University of Alberta Scholarships please visit our website [www.registrar.ualberta.ca/awards](http://www.registrar.ualberta.ca/awards) or the Student Awards Office at 1-80 Students' Union Building.

### Jason Lang Scholarship

The Jason Lang Scholarships were created in honor of Jason Lang, a 17 year old Alberta high school student who was killed in a school shooting. These \$1,000 scholarships are designed to reward the outstanding academic achievement of Alberta postsecondary students who are continuing into their second, third, or fourth year of studies.

Applicants must be Alberta residents who have achieved a minimum GPA of 3.2 on 24 units of course weight in their previous year of studies (September to April).

**Students can submit their applications on-line at [www.registrar.ualberta.ca/awards](http://www.registrar.ualberta.ca/awards).  
The deadline to apply is 15 September 2006.**

### University of Alberta Undergraduate Academic Scholarship Competition

The Undergraduate Academic Scholarship Competition recognizes and rewards students for superior academic achievement (minimum GPA of 3.5) on a full normal course load taken at the University of Alberta during the September to April academic year. Applicants must be returning to full-time studies in September 2006 to be eligible for these scholarships.

There are approximately 300 awards available through this competition. The awards range in value from \$500 to \$4,000 with some being Faculty specific and some open to students in any Faculty.

**Students can submit their applications on-line at [www.registrar.ualberta.ca/awards](http://www.registrar.ualberta.ca/awards).  
The deadline to apply is 30 September 2006.**

### Rhodes Scholarship

The Rhodes Scholarship Competition is open to undergraduate and graduate students in any Faculty. These scholarships are tenable at the University of Oxford in England and cover fees, board and lodging, and travel expenses for two years of study. Scholars may follow their own choice of study and are required to attend Oxford in October 2007.

Applicants must be Canadian citizens or living in Canada; have been born between October 2, 1982 and October 1, 1988; and have received an undergraduate degree before attending Oxford (except medical students).

**Applications are available at the Student Awards Office.  
The deadline to apply is 1 October 2006**

### Undergraduate Leadership Awards

The University of Alberta Leadership Awards Program is designed to recognize those undergraduate students who have demonstrated leadership skills and potential through involvement and participation in university and/or community organizations, sports, and cultural or political activities.

There are approximately 50 awards available through this competition. The awards range in value from \$500 to \$12,500 with some being Faculty specific and some open to students in any Faculty.

**Application forms are available on the Student Awards website at [www.registrar.ualberta.ca/awards](http://www.registrar.ualberta.ca/awards).  
The deadline to apply is 15 October 2006**





# Bilson broadens her talents

BILSON ♦ CONTINUED FROM PAGE 16

Choices, choices, choices: not only does Bilson look back happily at her decision to co-star beside Zach Braff (*Garden State* and *Scrubs*), Blythe Danner (who won an Emmy for her performance in *Huff*) and Tom Wilkinson (*Batman Begins*), but she's also grateful that she got to work with director Tony Goldwyn, an opportunity that will forever influence her future endeavors.

"Tony Goldwyn really gave me time with the scenes, and gave me as many takes as I needed, especially for my emotional scene," Bilson recalls. "I had a hard time getting there, but Zach really helped me and Tony really helped me, and you can really take your time with it and try and do your best work."

For Bilson, being cast as Kim, the young woman that the main character Michael (Braff) has an affair with, finally gave her a chance to stretch some acting muscles that may have been a little cramped on *The OC*.

"If a role comes along that's similar to my character on *The OC*, [and]

if it's a good project, and [has] good people I want to work with, I would still do it," Bilson admits. "But hopefully this [role] shows me in a different light and shows the other things that I am capable of."

The character of Kim, being the "other woman" who forces Michael to reconsider the choices of his life, could easily have been portrayed as a morally bankrupt sexual temptress. Thankfully, though, Paul Haggis' revisions for the screenplay allowed Bilson to keep her character three-dimensional.

"I thought it was really important for my character to be likable," Bilson says. "Maybe show a realistic side where she wasn't just a seductress—a temptress—she was a very likable girl that [Michael] met and had chemistry with."

Foundational actors aside, one of the most significant choices made in regards to the film was the soundtrack, and who should be given the responsibility to choose the right songs to correspond with the movie's nuanced themes. That task went to cast member

Braff, who won a Grammy for producing the soundtrack for the film he directed, wrote, and starred in, *Garden State*. Zach Braff went ahead and suggested songs like "Chocolate" by Snow Patrol, "Hide and Seek" by Imogen Heap and two songs by Joshua Radin (a friend of Braff's), "Star Mile" and "Paperweight" with Schuyler Fisk.

"I think it's really amazing when a movie has certain music in it, [and] when you leave and you hear the song again, it brings you back to that scene," Bilson says. "I think it's really nice when a song can hand you a feeling, and I really think that Zach captured it in this movie like he did in *Garden State*."

So, one last question to be asked is: why should people decide to go see this movie? "I think [*The Last Kiss*] is relatable because you see a little taste of college life mixed in with a slightly older generation and how they interact—and it's fun," Bilson says. "It really starts conversation and makes you feel certain things, and I think it shows adult relationships in a very realistic light."

# Getting their videogame freak-on

Controller Freaks plan to expell their cyber-rage via a semi-regular column right here in A&E, and this time around, they're all about manhandling Sony



RAMIN OSTAD  
AND  
MIKE SMITH

Welcome, ladies and gentleman, to the launch of the *Gateway*'s newest column. Every so often we will be covering the latest in gaming news, previewing upcoming games and dishing out our thoughts on the gaming industry.

Now, a column like this isn't easy to get going. The first edition has to be eye-catching, as well as interesting and informative. Launching a new entity into the orbit of the gaming world is always a make-or-break situation, with all eyes fixed on you, ready to pounce when you make your first mistake. No one in the industry knows this better than Nintendo, Sony and Microsoft.

Which brings us to the Playstation 3. Last Wednesday, Sony dropped a couple bombshells, the first one being the fact that they're no longer doing a worldwide launch of the PS3. Instead, Sony's now only launching the console in North America and

Japan on the planned 17 November release date. All the other countries that were expecting to receive the PS3 won't get their sweaty palms on any wireless Dual Shock controllers 'til an unspecified date in March 2007. The second surprise Sony laid down—and probably the more damaging one—is that they're decreasing the projected number of consoles they plan to ship during first launch from two million units to a meager 500 000—400 000 in North America and only 100 000 in Japan, their home market. The main cause for these developments is the delayed production of Blu-ray lasers in the PS3's Blu-ray drive.

So I hope Kaz Harai—President and CEO of Sony Computer Entertainment—has said his good-byes to the idea of a successful launch of the PS3. Now, don't get me wrong: the PS3 will still sellout in North America and Japan, but in far smaller numbers. Harai and the rest of the "Sony Defense Force" have been spewing nothing but wishful thinking ever since E3 2006, and now it's finally bitten them in the ass. They're already behind Microsoft, who will have had an eleven-month head start by November. Then, they tried to justify their high price points (\$550–650CAD) by pushing the Blu-ray

drive which, ironically, is the source of all their problems.

And, with the idea of console exclusivity from game developers becoming a thing of the past, Sony's trump card should have been their launch. They should have shown developers and gamers why the PS3 was the superior system—with, say, a lineup of launch titles—instead of using terrible PR and empty promises to sell their console.

This doesn't mean, though, that Sony's reign of supremacy over the console market is entirely dead, and it's ridiculous to think that they'll go the way of Sega, and become nothing more than a software house. Sony has a massive fan base, like it or not, and that won't go away any time soon. What's more likely to happen is that Sony will no longer be king of the console mountain, relinquishing it to Microsoft.

Now, the argument has been made that, even with the Playstation 2, Sony had shipping problems during their launch, and despite these problems, they came out on top. But these are drastically different times, which call for new and improved marketing measures. Sony thought they could get by with their old moves, but instead, they'll be left behind in the dust.

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# THE GATEWAY

volume XCVII number 3 ♦ the official student newspaper at the university of alberta ♦ www.gateway.ualberta.ca ♦ tuesday, 12 september, 2006



PETE YEE

**CORNER KICKER** Alberta striker Alex Campos fights off an overly grabby Calgary defender in action Sunday at Foote Field. The Bears let in a late goal on Friday to tie the Lethbridge Pronghorns 1-1, but responded by downing the Dinos 1-0 to move to 1-0-1 on the season. Full game stories for the Bears and Pandas on page 13.

## U aims to cure MD shortage

BILL LUTHI  
News Writer

In 2003, Statistics Canada reported that more than 1.2 million Canadians were unable to find a regular doctor. Locally, Capital Health has developed strategies to focus on the problem of physician shortages, while the University of Alberta Faculty of Medicine and Dentistry is making changes to its medical program to address the issue.

Capital Health works closely with the U of A and provides health services to the Edmonton region including a few small rural areas. According to Steve Buick, a spokesman for Capital Health, the population is getting older and their medical needs are becoming greater.

"We need the U of A to train more physicians so that we can hire them. And that means we need the Government of Alberta to fund more medical school seats at U of A and fund the ancillary resources," Buick said.

PLEASE SEE **SHORTAGE** ♦ PAGE 4

## Students seek shelter from housing crunch

HANNA NASH  
News Writer

While balancing academics with a social life and work is a daunting task for any University of Alberta student, the difficulty of finding a place to live at the same time is another issue that many students are dealing with this year.

"Just keep looking was the plan," said Kirsten Pynten, a first-year Science student who had great difficulty securing suitable housing near campus. "There's just a limited amount of rooms left. I kept calling landlords, but rooms were getting snatched up the day after they went up on a website," said Pynten, who was particularly concerned, since she was searching from her home in Hay River, Northwest Territories and could only look for housing over the Internet. She later found a home right before the beginning of fall semester.

The limited space available in Edmonton is thought to be mostly due to the current economic boom. Marc Dumouchel, who works with the real estate website [www.rentingspaces.ca](http://www.rentingspaces.ca), explained that the situation is a tough one for students of the U of A and other postsecondary institutions in Alberta to deal with.

"[The vacancy rate in Edmonton] is

about a third of what it was last year. It was around five per cent last year and, the last time I checked, it was running at about 1.5 per cent. There isn't a lot of new construction or a lot of units coming. In addition, there have been a lot of old apartments that have been converted into condos. Although those condos are being turned around and being rented out again, they're being rented out at much higher prices," Dumouchel said.

**"There's just a limited amount of rooms left. I kept calling landlords, but rooms were getting snatched up the day after they went up on a website."**

KIRSTEN PYNTEN

To address the student-housing shortage, Grant MacEwan opened their student residences to those studying at other postsecondary institutions in Edmonton. The program, which began in August, allows students from other schools to take spaces not used

by those attending Grant MacEwan.

"There is a student-housing crunch, and it puts a lot of undue stress on individuals when they're not only thinking of tuition, books [and] getting to classes, but also about where to live and where they [can] afford to live," said David Beharry, a spokesman for Grant MacEwan. "That can be a huge burden on students, so whatever we can do to assist, while we have the space, we will."

The low vacancy rates, coupled with the limited finances of many students, is a challenge that the U of A Students' Union is trying to help with, according to SU President Samantha Power.

"We run an off-campus housing registry, and we know that the listings have declined by 40 per cent, but the traffic hasn't decreased on the website," Power said.

Power added that the likelihood of many students being forced to find housing outside the campus area demonstrates the need for a universal transit pass. She argued that the U-Pass would allow cheaper transportation to offset the costs of travelling from other areas of the city.

"The U-Pass is in its final stages at City Council. It's going through its last budgetary approval [around] 19 September and then it'll go through the budget process. We're hopeful that



STEFFI ROSSKOPF

**THE YOUNG AND THE "RES"LESS** Alberta's booming economy is making it difficult for students to find affordable housing options with perpendicular trees.

it'll be approved at the 19 September meeting," Power said.

A number of resources exist for students still looking for housing. On-campus living space can be found

through the University's Residence Services. Those looking for homes off-campus can search the SU's housing registry, or can search third-party sites such as [www.homes4students.com](http://www.homes4students.com).

### Inside

News	1-7
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### No relief in sight ...

Average cost of tuition in Alberta: \$4828 per year. Cost of having an SU that sells out its students: priceless.

OPINION, PAGE 9



### Let's get Reztarded

Ms Ash suffers unpleasant advances from eighteen-year-olds in order to bring you the truth about Listerites.

A&E, PAGE 21



## Do you want to volunteer for the Gateway?

**Writers!**  
**Photographers!**  
**Illustrators!**

**We require your services.**

**New volunteer meeting:**  
**6pm, Thursday, 14 September**  
**Alumni Room, Main Floor, SUB**

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no experience necessary since 1910

**Attention all Graduate and 4th year Undergraduate Students**



## Get the scoop on what makes a great graduate scholarship application

Attend a scholarship workshop for tips on  
applying to CIHR, NSERC & SSHRC



Tuesday  
Sept 12, 2006  
9:00-11:00 am



Wednesday  
Sept 13, 2006  
9:00-11:00 am



Tuesday  
Sept 19, 2006  
9:00-11:00 am

All workshops located at:

Council Chambers  
2-1 University Hall  
(south of SUB)

—sponsored by the Faculty of Graduate Studies and Research



### Subhumans

New Dark Age Parade  
G / Welcoming Committee Records  
<http://subhumans.ca/content>

ELIZABETH VAIL  
Arts & Entertainment Staff

The arrogant press release for the Subhumans' latest CD, *New Dark Age Parade*, claims that the band has recreated something that was once lost in music. Describing modern punk as "utter shit"



### Appleseed Cast

Peregrine  
The Militia Group  
[www.theappleseedcast.com](http://www.theappleseedcast.com)

PAUL BLINOV  
Arts & Entertainment Writer

The Appleseed Cast have been kicking around the backwaters of rock since the mid-'90s, and after a three-year silence, the band is finally sneaking back onto the radar with their latest album, *Peregrine*.



### Beenie Man

Undisputed  
Virgin Records  
[www.beenieman.net](http://www.beenieman.net)

RACHEL MWESIGYE  
Arts & Entertainment Staff

Having burst onto the reggae/dance-hall scene in the early '80s, Beenie Man is recognized as being one of the original architects of the

and claiming that "people just don't make music like [they do] anymore," it's really a wonder of misinformation.

*New Dark Age Parade* is a mediocre offering of repetitive songs that play host to blunt, Captain-Obvious lyrics. "Killing a family won't get you to heaven/ Saluting a flag won't make your country secure," bellows Brian Roy "Wimpy" Goble in "Clash Of The Intransigents." The nickname "Wimpy" isn't such a good fit; perhaps he should try "Tuneless," instead. At the best of times, he performs with the melody of a football coach who's shouting plays to incompetent players.

The Subhumans' message is meaningless, especially if they aren't prepared to put in the musical effort to at least make their album good enough to listen to. It's one endless, whining, petty, sarcastic and derivative complaint, offering nothing groundbreaking or new. Sure, they've been around for a while (they dropped their first album in 1980), but even still, I'd suggest changing their name to Simple Plan: The Previous Generation, also known as The Angry Dads.

The influences on this disc are from both the past and the present; songs like "Woodland Hunter Part One" are wonderfully gritty throw-backs to a time when distortion was still a band's ace-in-the-sleeve and Pavement ruled college radio. Elsewhere, Producer John Congleton's work with instrumentalists Explosions In The Sky bleeds through, capturing that band's knack for emotional upheaval without making the Appleseed Cast seem like shifty knock-offs. The band succeeds in walking a dangerous line between experimentation and their own tested and true emo (yes, emo) rock. Oh, and the instrumentals are far from boring; "An Orange And A Blue" could very well be the best song on the album.

*Peregrine* is a gem that should've been released ten years ago, in order to be welcomed by heaps of praise, acclaim and button-wearing groupies. As it stands, we're given a rare disc that shows us what happens when a band takes a time out, thinks hard and remembers how (and why) they started making music in the first place, even if they're a little late.

dance-hall movement. 18 albums later, Beenie is back with no attempt to "ride the rhythm" as so many mainstream reggae artists have opted to do these days; instead, the "Gal dem suga" shows why his unique brand of music and his raw approach to lyrical content make him *Undisputed*.

The album demonstrates Beenie Man's stylistic diversity when it comes to putting out aggressive dance-hall songs, especially on the contagious club tracks "Chacka Dance" and "My World." Collaborations are a plenty on the album as well, including appearances from Lady Saw (My World), his new wife D'Angel (Beenie Man) and Akon (Girls).

Most notably, though, any listener will be entranced by the first four fully formed tracks representing the crossover Beenie. However, his trademark sound seeps through the rest of the album, proving that Beenie's feet are deeply rooted in his genre, leaving all listeners—hard-core fans and newbies—begging for more.



### Patrick Watson

Close To Paradise  
Secret City Records  
[www.patrickwatson.net](http://www.patrickwatson.net)

MARIA KOTOVYCH  
Arts & Entertainment Writer

"There was always something sexy about Purgatory." At least, that's what it says on Secret City Records' website when it introduces Patrick Watson's new album, *Close to Paradise*.

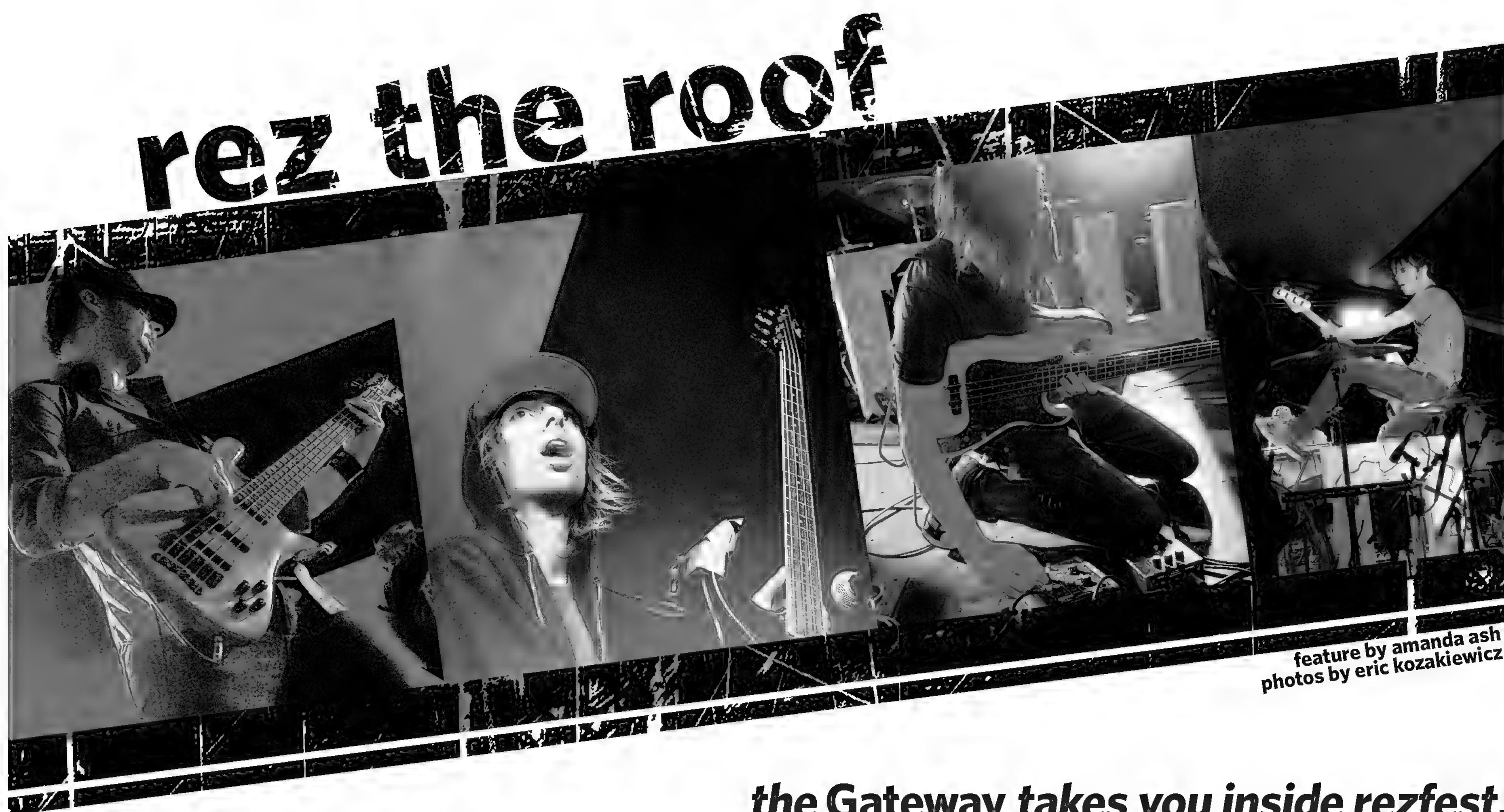
Like that limbo between heaven and hell,

Patrick Watson's CD floats between different genres. His style cannot be easily defined, especially when looking at the entire album, rather than only the individual songs. There are soft ballads, upbeat pop numbers and an interesting bluesy number towards end. And, for even more variety, "The Storm" recalls the chug-a-chug sound of a train, and "The Great Escape" allows Watson's vocal and piano-playing talents to shine. As a whole, *Close To Paradise* showcases a talented and eclectic group.

As a further testament to the range of talents imbedded in the record, have a look at the booklet. Instruments featured oscillate from the French horn to the banjo to the glockenspiel. The piano features prominently in several pieces, performed to great effect—like on "Mr Tom," which is a fine example where the keys provide a constant thread throughout the piece, swirling all other music around it.

*Close to Paradise* is a fine CD by a very talented Canadian group, and like the piano that runs throughout, Patrick Watson manages to bring you back to a more homey feel.





## the Gateway takes you inside rezfest, listerites' annual fight for their right to party

In all my years at university, I never once thought I would find myself hanging out on Lister property, let alone among those associated with the dreaded name. Rumors and stereotypes regarding those young residents—housed within cells of animalistic debauchery and Great Walls of Booze—have forever danced inside my head like chimneysweepers, preventing me from acknowledging their status as *Homo sapiens*.

With a wave of my hand and the lift of my chin, I thought, “Psssh, they’re all hicks with sexually transmitted diseases and an inability to keep body parts or previously consumed alcohol contained.”

Dear friends, some of these preconceived notions are valid, and, well, some of them aren’t. How do I know this, you ask? Well, I experienced first-hand what was probably one of the largest residence parties of the year, Rezfest, and with my clever investigational tactics, I managed to observe and bring to you the facts about Listerites, Hendayites and whatever other mites live in those monolithic high-rises.

I arrived promptly at 6pm, dressed in a mini-skirt and a bright, sequin-adorned tank top—an outfit chosen by my roommates so I’d fit in with the skin-baring crowd. However, to my horror, my expectations were incredibly wrong: there were maybe a handful of people there, all moderately dressed in jeans and t-shirts, chatting away as if they were adults. No sign of juvenile skankiness here. I felt slightly out of place.

Brushing off the anxiety and looking around, I realized that the area they had blocked off for the event—the Lister patio—was fairly small. In addition, there was a free barbeque going on, where students lined up in an orderly fashion and politely stated their preference—burger, veggie burger or hot dog. Something told me Rezfest wasn’t going to be a rambunctious meat market

at all; someone was playing the reverse psychology card here. If they were giving out free meat, then perhaps that would translate into sexual terms, preventing the challenge of the hunt, and therefore eliminating any carnal impulses.

After retrieving some of this meat (and I didn’t do it to prevent temptations towards baby-faced eighteen-year-olds, because that would just be perverted), I moseyed on over to fulfill my daily alcohol intake. To my surprise, drinks were fairly cheap: \$2.50 for a beer and \$3 for a cooler. Wow. Free food and cheap booze—things were starting to look up. Even if there weren’t many takers for the event, the Lister Hall Students’ Association sure knew how to plan a party.

Before the first band hit the stage—a “mystery” group that, unfortunately, was a trio of Engineering students who should have stuck to drawing bridges on expensive grid paper—I stood beside a tree, sipped my beer and observed the few around me. Suddenly, though, the first inebriate of the evening barrelled into me, and proceeded to claim he was really sorry, all while gently placing his unsteady hands on my shoulders and leaning way too close to my face. Most of my focus was spent deciding whether he was going to topple onto me or try to make out with my forehead—but despite my mind’s shrieks of laughter, I managed to remember him saying something about being from rural Alberta and therefore knowing how to drink.

According to this fellow and his team of drunken friends, rural Alberta seems to be the hailing place for Listerites, and as a result, the Edmonton music scene isn’t that familiar to them. The majority of students hadn’t heard of any of the bands—like Drive By Punch, Armchair Cynics or Shout Out Out Out Out. If anyone I talked to knew something about the evening’s music, they were ecstatic about seeing Shout

Out. Poor things; hopefully, with time, they’ll learn which bands truly deserve their approval.

By this time, things started to look a little less bare. More and more kidlets started filtering in, and, by golly, so did the creatures of the night, wearing short skirts—some that were shiny silver, others that just covered the end of the rump—and spaghetti-strap tank tops. I was no longer alone, and no longer bored. This was my time to strike.

I wandered around, listening to boy-girl conversations and witnessing in their eyes man’s instinctive carnality. A few more drinks, and they were sure to let loose the beast within. But before venturing on my safari, I had to make sure to acquire a decent camouflage—so I bought another beer.

There were pheromones in the air as, once again, I was being chatted-up by a few first-years. One told me to “drink because the brain cells that survive will be smarter.” If there’s one drunken piece of enlightenment that I will forever hold in my heart, it’s that one. Thank you, sir; you are a genius. At another point, I was joined by a different first-year—one from Grant MacEwan, though—who thought I was “lonely,” and continued to keep me “company” for a prolonged period of time. In his opinion, Grant Mac didn’t throw bashes like this one, and he was grateful for the opportunity to celebrate the good times with his U of A friends.

Drive By Punch took the stage, along with the Armchair Cynics, and, slowly but surely, the dancing began. At least half a dozen cops stood in the corner, arms crossed and looking tough, clearly wishing to be somewhere else. I scrounged up the courage to ask one of the enforcers of law whether or not he was having fun, and in response I received a solid “no.” Party poopers.

I have to admit that I was starting to enjoy this Rezfest thing—and apparently I wasn’t the only one. Unable to resist my natural tendency to talk with music-related people, I chatted for a bit to the guys from Drive By Punch, who were incredibly happy to play something that resembled an all-ages show. Similarly, the guys from Armchair Cynics were having a blast, especially the drummer, who developed a following of ogling girls that were presumably all first-years.

Before Shout Out took the stage, Lister President Michael Janz grabbed the mic and began rallying the troops by throwing out hoards of U of A t-shirts, hoodies, caps, \$100 gift certificates to restaurants—even iPods. Say what? Holy, I wish I belonged to an organization that did all this for me.

The night was in its darkest hours, and intoxication was in the air, when Shout Out started pumping out the beats. A cloud of steam began to rise from the sweaty crowd shoved up against the stage barrier, and at this moment, I began a mental compilation of everything I had experienced, and knew that I had finally uncovered the truth about Listerites. Yes, they drank a lot and hit on you; yes, most were from rural Alberta; and yes, some showed up sporting togas. But all of this is fairly normal for any Edmonton student of an older age, if not more sophisticated. There were no unruly public displays of sexualism, no trips to the drunk tank, and most importantly, no holier-than-thou attitudes.

Going undercover at Rezfest not only provided me with some decent music and a few laughs, but it also showed me how to improve upon my party-throwing. Not wanting to miss out on the action, I wandered into the pulsating crowd and became one with the Listerites—that is, after taking the advice of a wise soul and watering my smart brain cells once more.

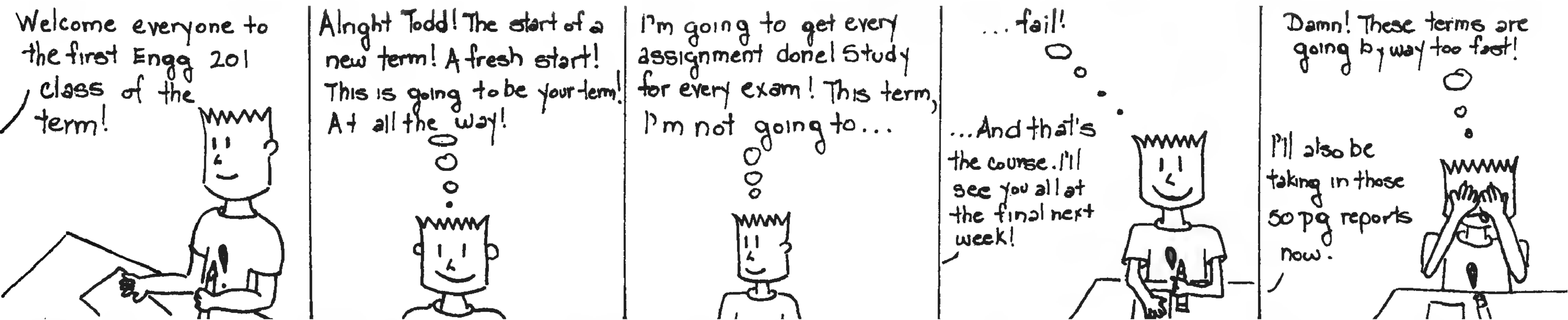




STICKMAN by Jonn Gagnon



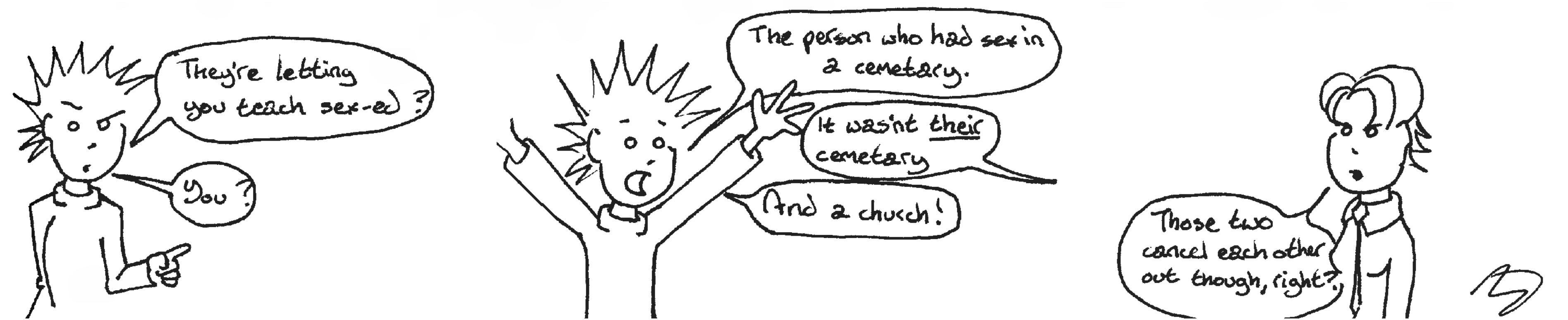
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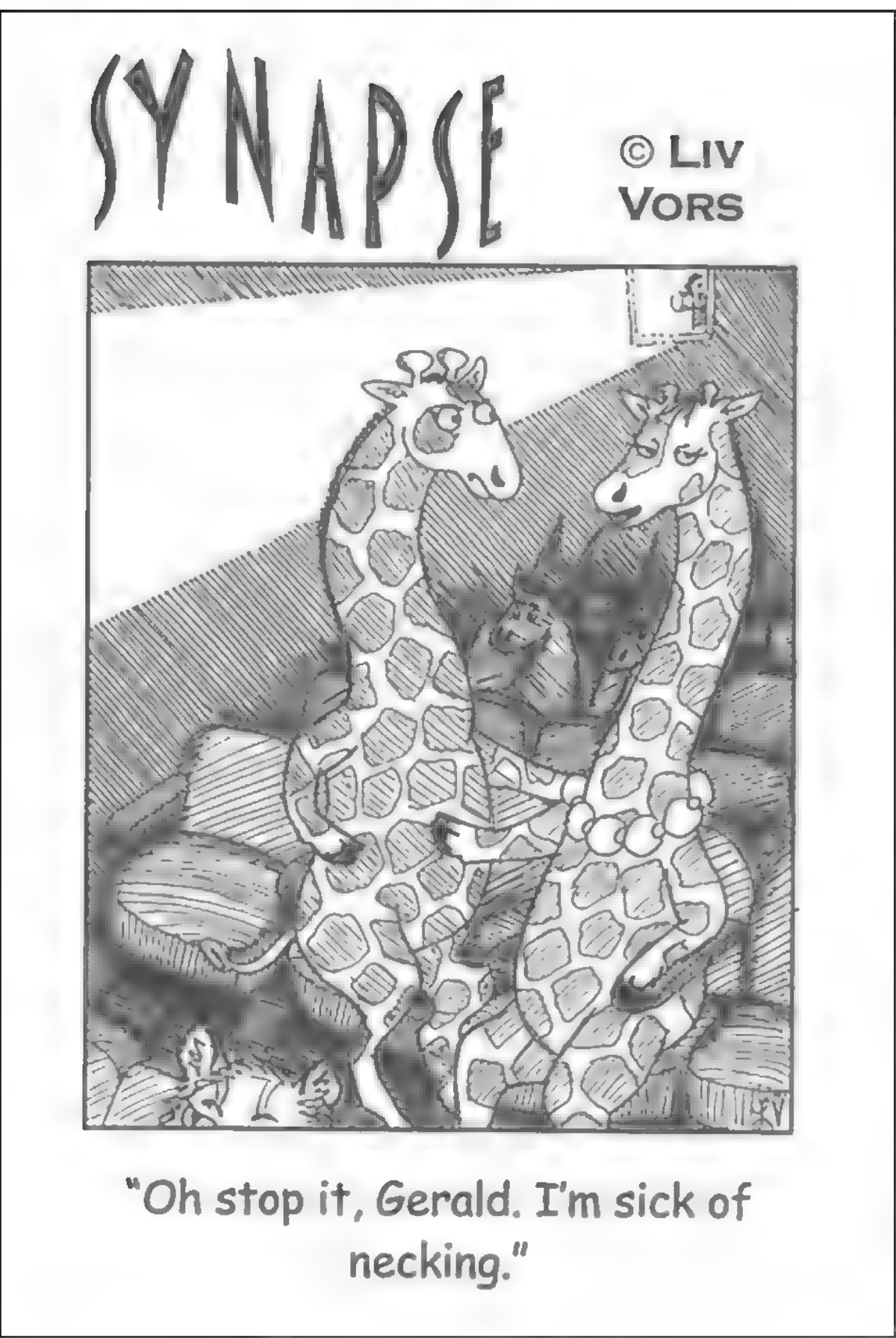
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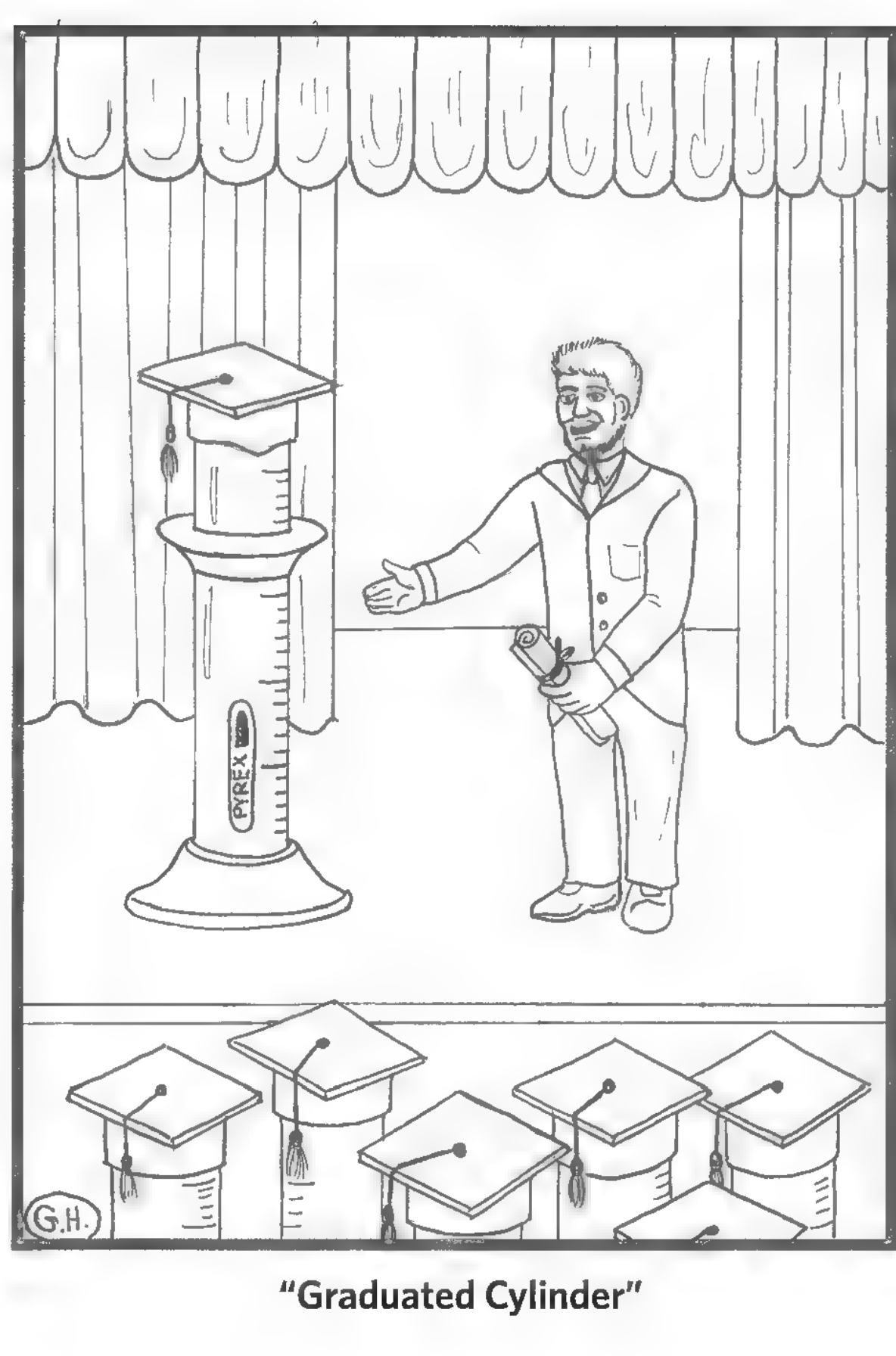
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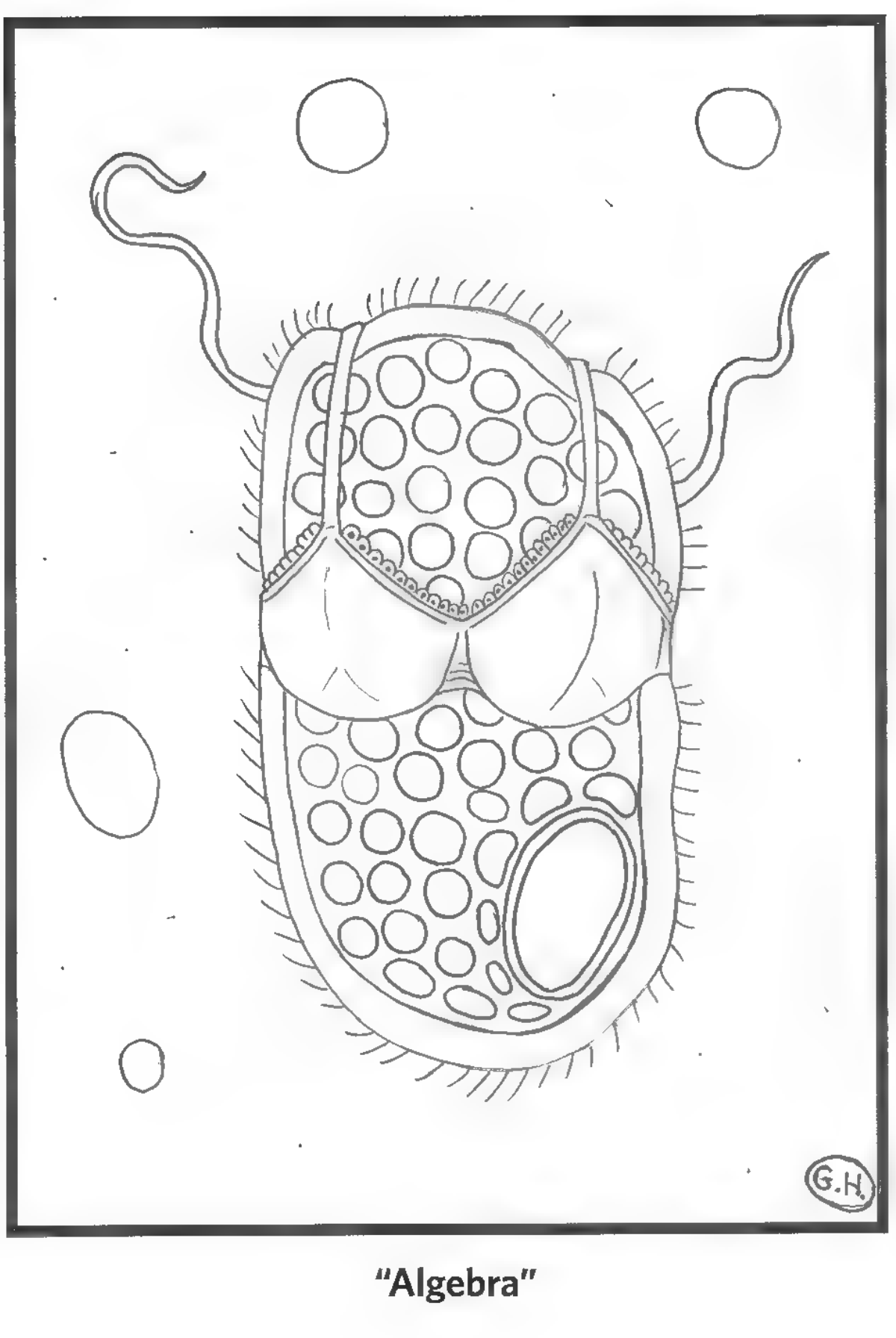
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Parking stall available one block east of university. \$400 for year pass. Stu 708-6631  
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"An Introduction to Islam," a course offered at the Canadian Islamic Centre (Al-Rasheed Mosque) every Sunday. For more info, please contact (780) 451-6694 or e-mail arashid@interpau.com

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## ANNOUNCEMENTS

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If you are looking for a part time position that will work around your class schedule that offers an excellent wage, gratuities and incentives, why not become a banquet server/partender for Al Cappe's Catering. Valid driver's licence is required. Apply to km@acappe.ca or fax 454-2748

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We are currently seeking a part-time (15 hours/week, Thursdays and Saturdays) receptionist for our busy health clinic. Applicant must be energetic, flexible, reliable, motivated, organized and knowledgeable in Computer. Would be an asset. Please send resume Attn: Saara to 5846-111 street Edmonton, AB T6H 3G1, via fax 780-433-1890 or e-mail at neath@teus.net.

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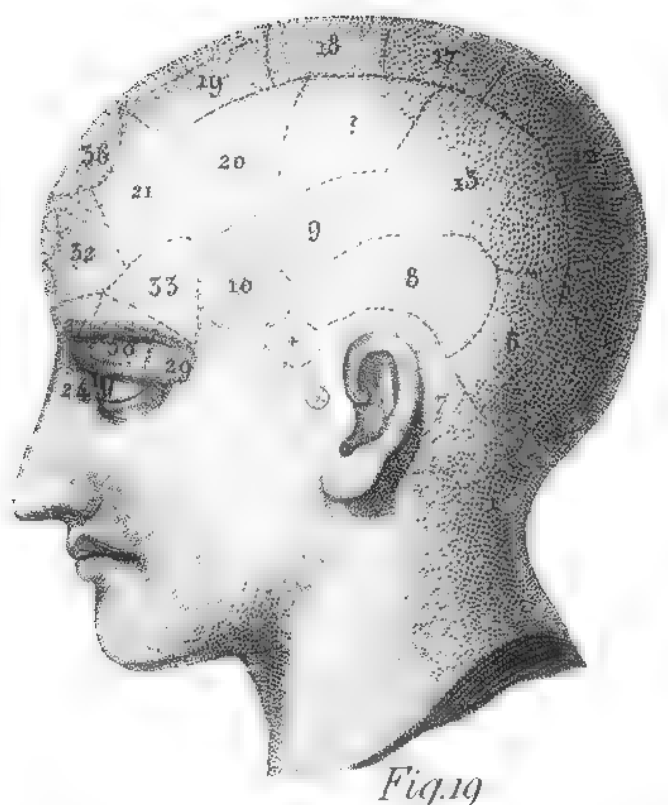


Fig. 19

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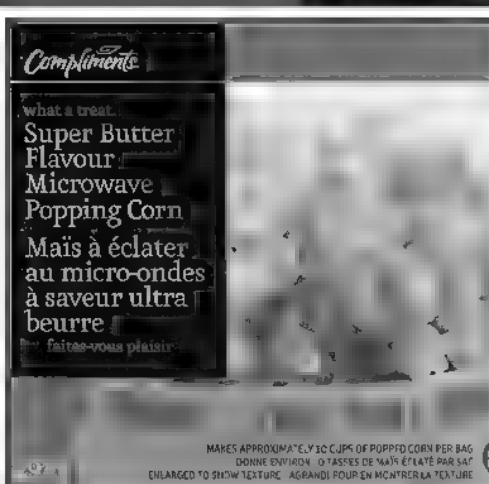
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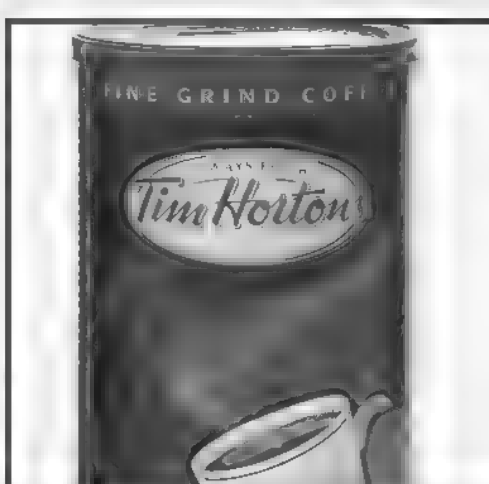


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# THE GATEWAY

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The Gateway is created using Macintosh computers, Jmax, PowerLook 1000 flatbed scanners, and a Nikon Super CoolScan optica film scanner. Adobe InDesign is used for layout, Adobe Illustrator is used for vector images, and Adobe Photoshop is used for raster images. Adobe Acrobat is used to create PDF files. All content is printed directly to plates to be mounted on the printing press. Text is set in a variety of sizes, styles, and weights of FENCE, Joanna, Kepler, and Whitney. The Manitoban is the Gateway's sister paper and welcome to read, though not in that way. The Gateway's games of choice are Robo-Raid and Pacman.

## contributors

Ross is a most quack to ask home. Prusakowski, Eric Kozakiewicz, Jessica Alexander, Elizabeth, and Phred. Joe, Fredemann, Nea, and Ramon Ostad. Mike Smith, Marika Koto, and Racine. Miles, Gye, Paul, Bono, Nick Frost, Veronica Doeman, Chris O'Leary, Luis López Martínez, Evan Smith, Elizabeth, McMan, Dusty Loomes, Cona, Perse, John Gagnon, Jeff Marti, Mare-Ann, and Jean, Matt, and Graeme Head.



SHAHEED MERANI

**DRESSED AND PRESSED** Mike Belosevic gives a speech Friday while accepting the University Cup, the highest honour awarded by the University of Alberta.

# NEWS BRIEFS

Compiled by Natalie Climenhaga

## UNIVERSITY CUP WINNER RECOGNIZED FOR COMMITMENT TO WORK

After almost 20 years of teaching at the University of Alberta, Dr Mike Belosevic has been recognized for his exemplary leadership and efforts by being honoured with the University's most prestigious award—the University Cup.

In a celebration for the eleventh anniversary of teaching and learning excellence, hosted by U of A President Dr Indra Samarasekera, last Friday at the Myer Horowitz Theatre, both faculty and students credited Belosevic for his commitment and outstanding contributions to both research and teaching. He was described as being both a father figure and leader in the University community.

Belosevic began his career at the U of A in 1988 and over the years has taught over 4000 undergraduate and graduate students in the Department of Biological Sciences—many of whom he boasts have gone on to have successful careers in biology or environmental engineering.

As this year's University Cup winner, Belosevic, in addition to a cash award of \$5000, will have his name engraved alongside past winners on a plaque on the base of the University Cup—a sterling silver soup tureen that was once used in the dining room at Athabasca hall. The Cup is unique to the University—bearing the U of A crest and made from the wood of a tree grown on campus.

The University Cup is not the only award that Belosevic has received. He holds awards from the American Society of Civil Engineers and the Canadian Society of Zoology. At present, Belosevic is working with others on establishing a centre for the study of protein infections, such as Mad Cow Disease.

# CAMPUS CRIME BEAT

Compiled by Mike Otto

## WELL, LOOKS LIKE I PICKED THE WRONG DAY TO STOP SNIFFING GLUE

Sometime in the wee hours of the morning on 6 September, ten metal mailboxes were damaged at the Garneau walk-ups on 110 Street and 88 Avenue. Shortly after midnight on 9 September, a bucket of carpet glue was thrown down a stairwell and a glass end table was smashed, also at the Garneau walk-ups.

## GUY LOOKING FOR A SCREW (DRIVER)

At 4:14pm on 8 September, a suspicious male entered a fourth-floor office in the Biological Sciences Building, claiming to be looking for a screwdriver to fix his glasses. When questioned by an attentive staff member, the supposed handyman refused to give his name and left the area.

The man is described as in his early 40s, chubby build, with light brown brushed back hair, wearing a large white hoodie, backpack, and carrying (possibly broken) gold-rimmed glasses.

## PLUCKING THE WEEDS ON CAMPUS

At 10:40pm on 8 September a bicycling constable noticed a female and two males in the bushes behind one of the bus shelters on campus, one of which was smoking drugs. His small stash was disposed of and the trio was escorted off campus. None were related to the University.

## HOW MANY FREE THROWS IS THAT?

Also at 10:40pm on 8 September, Campus Security responded to reports of a fight that had broken out in the main gym. A recreational basketball game had become a tad rough, degenerating into pushing, elbowing and other questionable play. Both teams were removed.

from the game, leaving behind them a sad, empty gymnasium. Fortunately, none of the basketball players suffered any injuries.

## YEAH, DUDE THINKS HE'S A LADY

A naked male, who is described as being approximately 60-years-old and 5'6" with grey slicked back hair, was spotted in the women's change room in Phys Ed on 10:43am on 8 September.

## WAIT FOR ADD, OR COMMIT A B&E?

At 11:19pm on 8 September, a constable spotted two intoxicated males sitting next to a vehicle near the Timms Centre loading dock; they claimed to be waiting for their designated driver. Upon closer inspection, the constable noticed the vehicle's stereo was missing and the steering column was damaged.

A short time later the "designated driver" arrived, who was also intoxicated. All three males had criminal records, no University affiliation, and walked off campus to their respective homes. The vehicle was found to have been stolen.

## ASK AND YE SHALL RECEIVE, FRIENDS

At 3pm on 9 September, Campus Security received a call regarding a male panhandling and harassing people on 112 Street near 88 Avenue. He had a long record involving violence and property offences, and was promptly trespass-passed from campus.

## ONE UNAPPRECIATIVE AUDIENCE

At midnight on 9 September, a two vehicle collision was reported at the intersection of 110 Street and 88 Avenue. A crowd swarmed one of the vehicles, kicking its doors in and jumping on the hood in an attempt to remove the occupants. One student was charged by the Edmonton Police Service, but no injuries were reported.

Anyone with information on these offences, or any other on campus, are encouraged to call the Campus Security Office at 492-5050.

# CORRECTION

In our 7 September issue, the Gateway ran a news article on an ad campaign run by the Girl Guides of Canada. ("Risqué Girl Guides ad a tough cookie to swallow," / Sept) Along with the story, we ran an example of one of the ads.

Though it was not stated in the story, the ad that was run beside the article has never appeared anywhere other than on the organization's own website.

The Gateway regrets any confusion caused by this error.

# STREETERS

Yesterday was the five-year anniversary of the terrorist attacks on the World Trade Center in New York

Where were you when you heard the planes struck the WTC?



Jessica Postma  
Nursing III



Donovan Gale  
Education IV



Felicia Toyad  
Sociology IV



Danika Fry  
Science IV

I was at the University of Lethbridge and I was walking from Res. Everyone was sitting out and watching TV. I was wondering what was going on. There was a big kerfuffle and I just found out that way. And then some of our classes were cancelled because some of the teachers had relatives and they were concerned.

I was walking down the hallway of my high school and a my friend came up and said that "Some people had crashed planes into some towers," and I'm like "Dude, you're crazy." And then he turned on his radio, and I was like "Maybe you're not so crazy."

I was in grade 12 and I was in my Social class. I walked in a tad bit early and my teacher had the news on—and I saw the second tower actually collapse. It was kind of surreal for me.

I had actually slept in for school that morning, so I was still in my pajamas eating some Rice Krispies, trying to get ready to go out to German class. My dad flicked on the TV, and yeah, we saw the footage.

Compiled and photographed by Edmon Rotea and Mike Otto





PHOTO ILLUSTRATION: TARA STIEGLITZ

**SUCK IT UP** A diet of noodles and beer isn't exactly recommended, and can result in the dreaded "Freshman 15". Or 35.

# Weight gain a heavy issue

Many first-year students fear gaining the infamous "Freshman 15." However, experts say its possible to keep off the pounds with proper diet and exercise

KIM MISUTKA  
News Staff

First-year university students—or all university students for that matter—tend to gain weight during the academic year, but according to experts preventing the "Freshman 15" is no different than following what you've been taught your entire life: make healthy choices and get adequate exercise and sleep.

Althea Livingston, Food Ombudsperson for Lister Centre explained that being away from home is new to many students, and in an environment with no restrictions to food, it's easy to gain weight.

"For a lot of people it is the first time on their own, and they think it is kind of exciting to be able to buy whatever they want. You have to sort of think about it though. Yeah, it is fun, but do I want to suffer the consequences of eating junk food for a whole year?" Livingston said.

According to Livingston, it isn't impossible to eat healthy while living in residence, but people need to be careful about what they're consuming. She advises staying away from deep-fried foods and watching portion sizes.

"A lot of the entrees are pretty big and a lot of people don't know you can order half-orders, or just get sides or a vegetarian option," Livingston said.

Kim Flatt Vice-President (Internal) with Health Nuts, says the "Freshman 15" can be avoided with the right mindset.

Health Nuts is a volunteer-run kitchen that aims to help students eat healthy on a budget. Each kitchen gives students a chance to try something new and learn something in the process.

"It's easy not to notice you're gaining weight until your clothes start getting tight. Even then, between academic, work, social life, *et cetera*, health isn't always a top priority. But living a healthy lifestyle doesn't need to take a lot of time. It can be as simple as getting off the bus a few stops early, taking the stairs to class instead of the elevator and packing a lunch instead of grabbing a burger," Flatt said.

And, though going out is a part of the university way of life, a couple drinks too many could lead to more than a hangover.

"Often students don't realize the

amount of energy they may consume in a night out at the bar. Alcohol contains seven calories per gram so it is quite energy dense. Top it off with some pizza and chicken wings, you've probably consumed enough energy to constitute an entire meal," Flatt said.

Charlotte Varem-Sanders, a Registered Dietician with Athletic Nutrition Services, explained that putting on a couple pounds is a lot easier than most people realize.

**"For a lot of people, it's the first time on their own, and they think it is kind of exciting to buy whatever they want. You have to sort of think about it though. Yeah, it is fun, but do I want to suffer the consequences of eating junk food for a whole year?"**

ALTHEA LIVINGSTON,  
LISTER FOOD OMBUDSPERSON

"3500 calories extra intake will help you gain one pound. This can add up slowly," Varem-Sanders said.

In addition to being conscious of what you put inside your body, Flatt stressed that staying healthy is a lifestyle choice, and pointed out that there are many resources available on campus to help students stay on track.

"Campus Recreation intramurals and programs are an excellent opportunity to stay active and meet new people. Healthy eating is a matter of choice, and can mean planning ahead for meals during classes, what groceries you need, *et cetera*. Health Nuts addresses all of those issues throughout the year during their kitchens," Flatt said.

Nutritional information and support can also be found at Student Health Resource Centre, and if personalized advice is desired, nutritional counselling is also available to students at a discounted rate.

ALSO READ **LOOMES** ON PAGE 11

## CALORIE COUNTER

Many students don't know how many calories are in the foods they consume day-in and day-out. So the *Gateway* has compiled a handy list of foods commonly eaten by university students along with the calorie counts of each, so you know what is tipping the scales. So eat, drink and be wary.

Food	Total calories
<b>Pizza:</b>	
14" pepperoni pizza	2647
<b>Beer:</b>	
Heineken Premium Light Beer	99
Beck's Dark Beer	150
Budweiser	145
Corona Extra	147
Corona Light	105
Molson's Canadian	150
Stella Artois	135
Samuel Adams Light	124
Mike's Hard Lemonade	240
Smirnoff Vodka ce, Triple Black	253
<b>Fruit:</b>	
1 medium banana	105
1 medium apple	72
1 large orange	86
1 tomato	22
1 peach	31
50 blueberries	39
<b>Tim Horton's:</b>	
1 Chocolate Chip Muffin	430
1 Low Fat Blueberry Muffin	290
<b>Subway:</b>	
Chicken Breast on Italian Bread (6")	330
Meatball Marinara on Italian Bread (6")	560
<b>Miscellaneous:</b>	
1 Figaroo Fig Bar:	150
1 McDonald's Hamburger:	260
1 Can Coca Cola	140
1 hot dog with bun, ketchup	365
2 tablespoons peanut butter	188
1 medium baked potato	161

All information above collected from [www.calorieking.com](http://www.calorieking.com)

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# Foreign physicians might be answer to shortage

**SHORTAGE** ♦ CONTINUED FROM PAGE 1

Doug Nelson, Director of Development and Communications for the Faculty of Medicine and Dentistry, echoed the need and indicated the U of A plans to increase the number of seats in their undergraduate medical class.

"This is the first year of four years of increases. There will be five additional students every year. Currently, the class is at 134 and there will be at 150 in the end, so there will be more doctors graduating, and a similar effort is underway at the University of Calgary," he said.

Buick explained that the problem not only refers to the number of doctors, but also the amount that they work. He described what he saw as a trend developing in younger doctors who work less hours than physicians did a decade ago.

"It's an issue of changes in the whole next generation of younger physicians. More encompassing studies have found that today's younger physicians overall, men and women, are working around a fifth less as measured by the

number of patients they see. They are seeing about a fifth fewer patients per nominal full-time position than physicians of the same age did ten years ago," he said.

The U of C also has a Family Medical Clerkship, which allows students in their third-year of medical school to work in a rural hospital or doctor's office, under the supervision of experienced physicians. Nelson explained that the U of A was tackling the issue of rural doctor shortages in a similar manner.

"We're in the process of developing a rural clerkship, which will allow a number of our third-year students to do some of their clerkship in a rural community. Hopefully, it will encourage them to stay and practice in those areas, as well some of the physicians in our extended undergraduate medical class will draw students from a rural background," Nelson said.

Buick indicated that aboriginal medicine and the need for the recruitment of aboriginal doctors are

also important issues that need to be looked at.

"[T]here's certainly a concern to engage Aboriginals particularly," Buick confirmed. Nelson explained that the U of A sets aside two of the expanded spots each year for students with an aboriginal background.

"We have the largest aboriginal medicine program in the country," he said.

In addition to training new young doctors, the U of C and U of A also credit foreign doctors through the Alberta International Medical Graduate program.

Historically, the training and crediting of foreign doctors has been one of the strategies used to address Canada's rural doctor shortage, according to Nelson.

"In Alberta now, we're seeing a lot of South African doctors—people who are coming from South Africa and getting their credentials. They typically do a rural rotation as a part of their qualification to practice medicine in Canada. Our post-graduate medical education program helps in the cred-



JACKSON HINTON

**PAGING DR... ANYONE?** Physician shortages are bringing a new meaning to the term "waiting room." The U of A plans more seats for medical students.

iting of those individuals so we can get them credentialed and practicing as soon as possible," Nelson said.

Buick provided two different reasons for Capital Health's recent recruitment success rate.

"There are more local grads and more jobs for them locally and better recruitment. That cycle has to continue out into the future if we are going to avoid shortages and access problems," he explained.

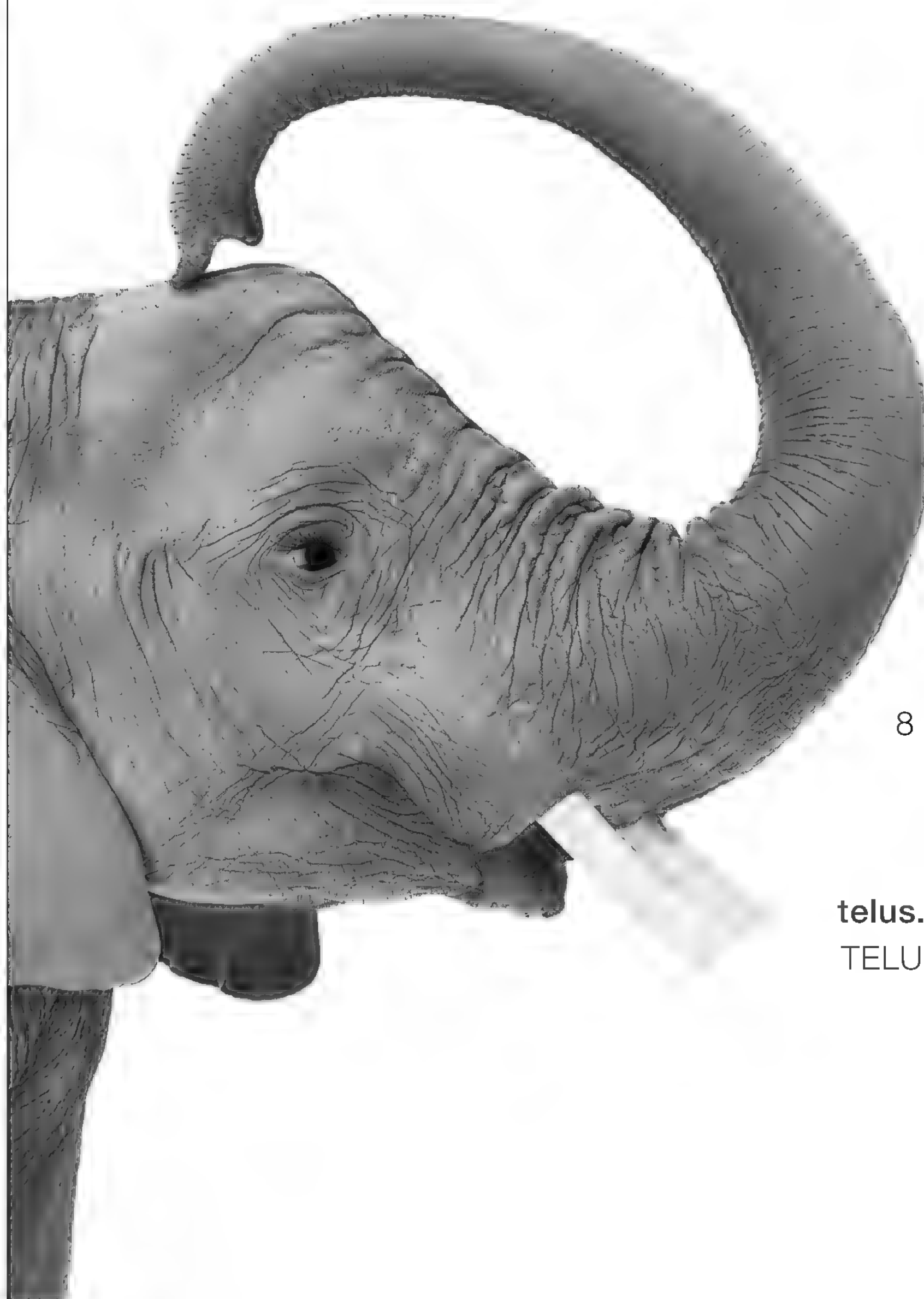
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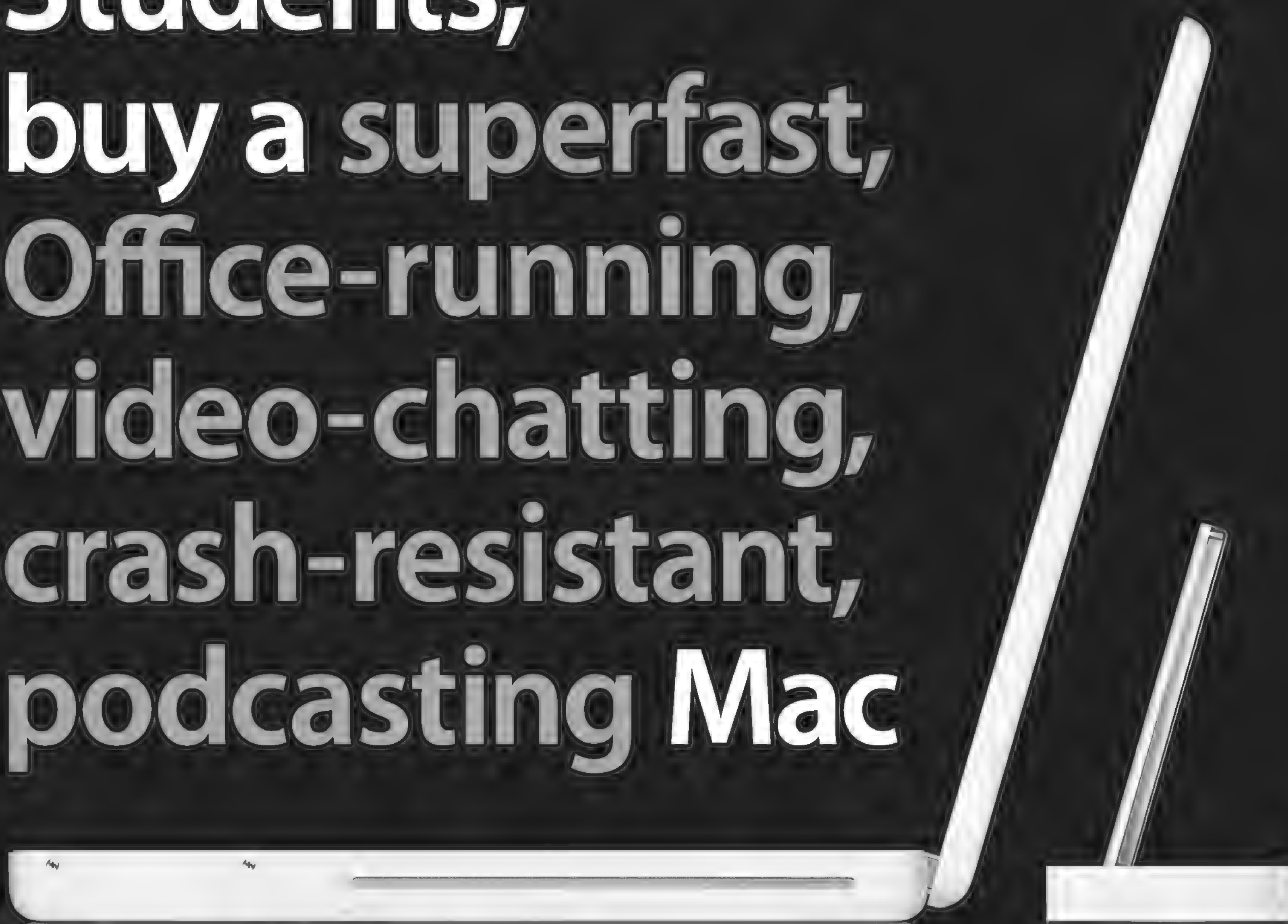
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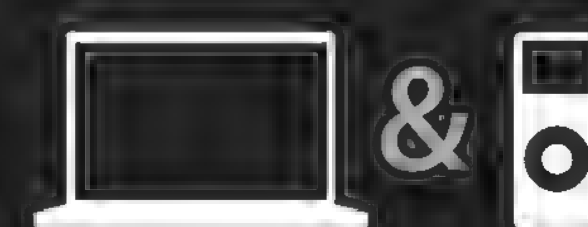


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# The price of your future

Students across the nation can expect to pay an average of \$4347 in tuition fees this year, up by 3.2 per cent from 2005/06. Tuition costs rose in six provinces while the rest remain virtually unchanged. Read on to find out how students throughout Canada are pinching pennies to prepare their minds for the professional world.

Feature by Chloé Fedio

Illustrations by Kevin Ng and Jessica Alexander

According to Statistics Canada, average tuition fees in Alberta are down 0.2 per cent—from \$4838 to \$4828—compared to the 2005/06 academic year, with an average additional compulsory fee of \$567 annually.

Though last year marked the 25th consecutive year that the University of Alberta raised tuition, an increase of 6.4 per cent, or \$307 for a full-time student, this hasn't translated to higher costs for students thanks to the Alberta Government. For the past two years, the Province has given rebates directly to institutions to cover the added costs, leaving students to pay the same rates as in 2004/05. Last year, rebates amounted to a \$43 million, an average of \$282 per full-time student, varying depending on institution, course load and program.

For years, the tuition policy in Alberta stated that 30 per cent of a university's budget could be derived from tuition fees. But in May, despite fierce criticism from student groups and Opposition MLAs, the government passed Bill 40, which effectively removed tuition policy from legislation and placed it in regulation—allowing future policies to be established by Cabinet without first going through debate in the Legislature.

The move came after Alberta's year-long postsecondary education review and Premier Ralph Klein's February 2005 promise to create the most affordable postsecondary institutions in the country.

The government justified the bill, saying that since there will be no fall session—due to Ralph Klein's pending resignation and the leadership race to follow—Bill 40 would still allow them to make changes to the tuition policy. However, that hasn't happened yet. Furthermore, there was indeed a fall session, albeit a short one. Student groups have criticized Bill 40 saying that though, in theory, it could provide continuous improvement to the tuition policy, the reality is that it creates an unstable policy that could change at the Cabinet's whim—for better or for worse.

And though Statistics Canada reports that Alberta's average undergraduate tuition fees have actually gone down by 0.2 percent, Alberta students are quick to point out that tuition fee levels haven't gone down at all—students are essentially paying the same as they were in 2004/05, while institutions continue to the costs with the government footing the bill.

In 1991, tuition for a full-time undergraduate student in Alberta was \$1286, the second lowest tuition in Canada, according to Statistics Canada. Since that time, Alberta has seen the highest tuition hike in the nation, with a 275.3 per cent increase. Out of the ten provinces, Alberta currently ranks fourth for affordability, lagging behind Québec, Newfoundland and Labrador, and Manitoba.

## Fees in Alberta schools

(per year for a student taking a 30 credit, full-time course load)

### University of Alberta

Tuition fees: \$4537.20

Fees: \$509.94

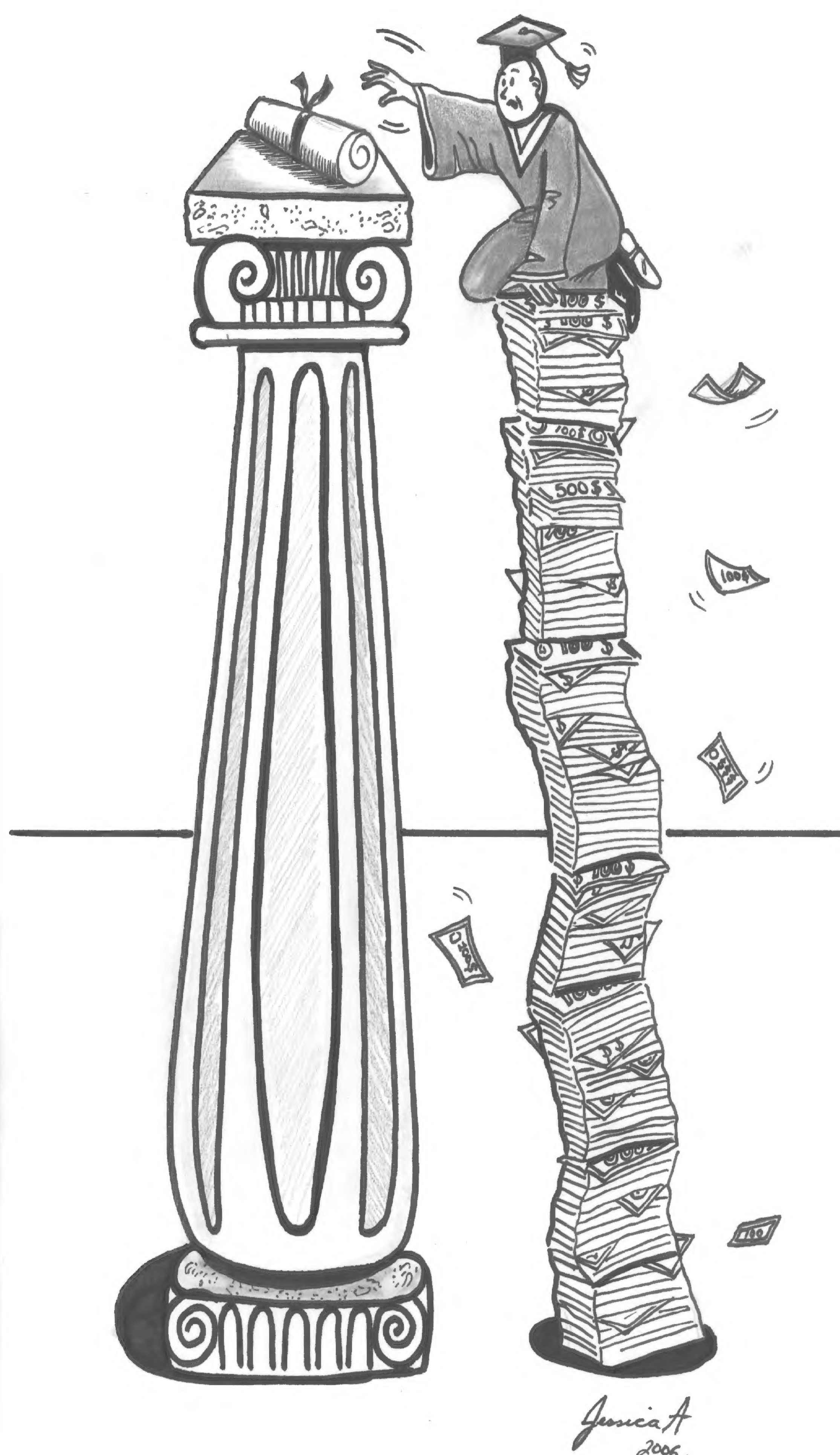
Total: \$5042.14

### University of Calgary

Tuition: \$4590

Fees: \$589.78

Total: \$5179.78





# From coast to coast

**Tuition fee summary for BC**

Eric Szeto, CUP Western Bureau Chief

VANCOUVER (CUP)—This year’s two per cent increase will mark the fifth consecutive year that tuition has gone up in British Columbia. This year tuition fees have gone up from an average of \$4867 in 2005 to \$4960 in 2006, according to Statistics Canada.

Tuition fee increases in BC’s postsecondary institutions have been capped at two per cent since a provincial mandate was passed in 2004.

This year’s situation isn’t as stark as when the six-year tuition fee freeze was lifted by the BC Liberal government in the 2002/03 academic year, but it’s still the fifth highest in the country behind Nova Scotia, New Brunswick, Ontario and Saskatchewan.

Since 2001, tuition has risen 96.3 per cent in BC, the highest increase in the country in that time period.

**Tuition fee summary for Saskatchewan**

Jeanette Stewart, CUP Central Bureau Chief

REGINA (CUP)—In Saskatchewan, tuition is frozen at 2004/05 levels, and after the release of the 2006 provincial budgets, students can expect to pay those rates until 2008. Average tuition for undergraduate student at the University of Regina is currently \$4551. Student fees are \$319, excluding additional program fees and the health and dental plan, bumping up the cost to a total of \$4870. At the University of Saskatchewan, tuition is calculated within six different categories, depending on the type of course being taken. An undergraduate arts student can expect to pay \$4834 in tuition, which includes \$454 in fees for health and dental coverage.

All of these figures came from university websites. The figures reflect the cost of 30 credit hours of undergraduate arts courses.

**Tuition fee summary for Manitoba**

Jeanette Stewart, CUP Central Bureau Chief

REGINA (CUP)—As part of Manitoba’s 10 per cent tuition reduction program that began in the 1999/2000 academic year, there will be no tuition increases for the 2006/07 year.

The Government of Manitoba Council on Postsecondary Education website states that \$2943 is a “weighted average” of the tuition at all Manitoba universities.

At Brandon University, a full-time student pays \$2729.70 after the \$303.30 rebate from the Manitoba Government. But once \$432.50 in student fees is included, the total is \$3162.20. The University of Manitoba’s tuition fees are \$3087, which includes student organization and endowment fees. Tuition fees at the University of Winnipeg are \$2924.40, which includes the \$138 compulsory fees, but doesn’t include the health and dental plan.

All of these figures came from university websites. The figures reflect the cost of 30 credit hours of undergraduate arts courses.

**Tuition fee summary for Ontario**

Adrian Ma, CUP Ontario Bureau Chief

WATERLOO (CUP)—Universities in Ontario have raised their tuition fees for the first time in two years, and most universities have elected to raise tuition by 4.5 per cent for incoming first-years, and by four per cent for returning undergraduate students.

Exceptions include Brock University and Laurentian University; both schools have increased tuition by four per cent for all undergraduate programs regardless of year.

Students entering graduate programs will have to pay an increase between four and eight per cent, although a handful of universities (Carleton, Queen’s and York) have declined to raise tuition fees for most, if not all, of their graduate programs. Special and professional programs like engineering and law have been tagged with increases between six and eight per cent.

In March 2006, the McGuinty Liberal government announced that Ontario colleges and universities would be able to raise tuition rates an average of five per cent at the beginning of this year’s fall semester.

This new tuition framework is part of the government’s larger, multi-year education plan dubbed the “Reaching Higher Plan,” which also includes efforts to expand student grants and update books and supplies allowances.

**Tuition fee summary for Québec**

Jeremy Delman, CUP Québec Bureau Chief

MONTRÉAL (CUP)—Québec tuition is still frozen at its 1993/94 level of \$1668 a year—the lowest in the country. However, it’s widely expected that if Premier Jean Charest is re-elected, he will lift the tuition freeze.

Though tuition is frozen, the ancillary fees that most universities charge are not. In Québec, they increased this year by 4.7 per cent to \$624. Many Québec universities have looked to out-of-province and international students, who pay much higher tuition, to fill the funding gap.

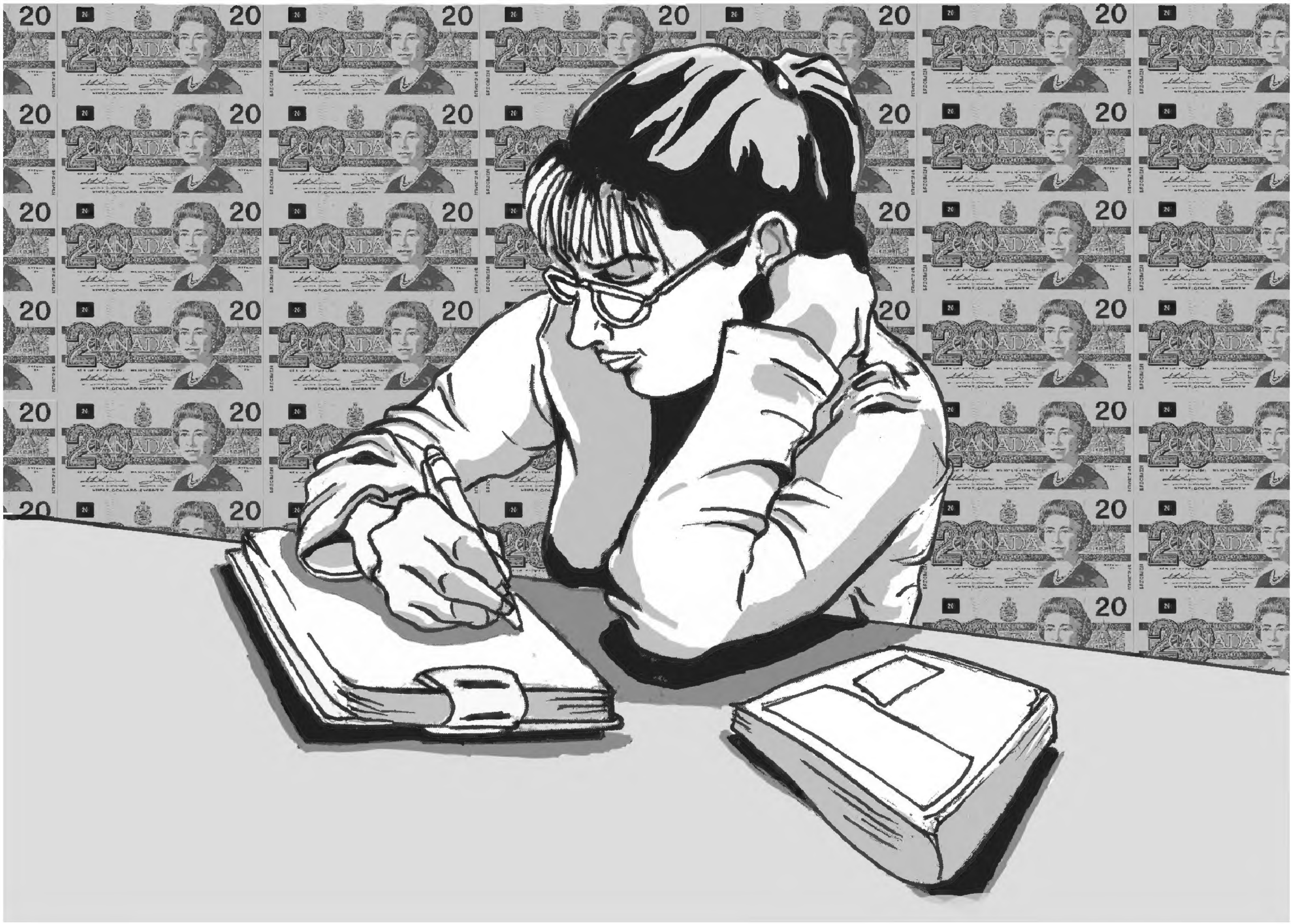
Out-of-province students will see their tuition rise by 5.7 per cent to \$4914 while international student fees will go up by 4.3 per cent to \$12 349.

**Tuition fee summary for the Atlantic Region**

Chloé Fedio, Gateway Managing Editor

According to Statistics Canada, the average tuition hike for the Atlantic provinces—New Brunswick, Newfoundland and Labrador, Nova Scotia, and Prince Edward Island—was 4.1 per cent for 2006/07.

Students in Newfoundland and Labrador paid the least tuition fees in the region—with the second lowest tuition in the country—which have actually declined by 14.1 per cent since 2001, the report outlined. Prince Edward Island saw the most drastic hike at 6.5 per cent, and New Brunswick wasn’t far behind with a 5.8 per cent increase. Nova Scotia has the highest tuition in the country, with an average of \$6571 per full-time undergraduate student, and saw a 3.9 per cent increase this year.





## Set that bar low and you'll always succeed

AT FIRST I DIDN'T EVEN REALIZE I WAS DOING IT, but by mid-afternoon yesterday it became apparent that I had been actively scanning online news sources, half-expecting to hear of a plane that had gone down or a suicide bomber who'd blown himself up a mall.

It's not that I'm sadistic, but since it happened to be the fifth anniversary of 9/11, I subconsciously figured that if disaster was to strike again, *that would be the day*. It's a morbid thought, but I wonder nevertheless how I'd have reacted if tragedy really had occurred (horrified, no doubt)—and a small part of me probably would have said that it was inevitable.

I've always had a habit of developing unrealistic date-fixated expectations, and while common sense tells me that I'm no more likely to die in a plane crash on 11 September—or that I will find myself in a perfect relationship on Valentine's day or that I will be free of all my flaws on New Year's—than on any other day, I still can't help but hold my breath in quiet anticipation every time another mark comes up on my calendar.

My only consolation for this slightly embarrassing trait is a firm belief that I'm not alone. Well, maybe others don't share my obsessive googling trait, but at the very least, unrealistic expectations are widespread in university.

Most students start off bright-eyed and overly optimistic about their academic careers. But allow me to be the pot that calls the kettle black, and urge you to re-evaluate how sensible your outlook for this year really is.

You may currently be on a high and loving the university experience, but bear in mind that the jovial atmosphere of beer gardens and Rezfest won't last forever. Midterms and finals will start appearing on the horizon sooner than you might think, so if you expect your university days to be a blur of keggers and pub crawls, you might find that your time in this institution ends long before it comes time to convocate.

You should expect to have days where you feel stressed and unsure of your choices. There has yet to be a semester when I haven't called up my dad after pulling an all-nighter and informed him I'm about to drop out of university and become a welder—at this point, it's become a normal part of my essay-writing process.

Nobody sets out to fail, and while goal-setting is an advisable step towards academic achievement, people can get carried away—my personal list of New Year's resolutions continues to get more and more creative as the years go by. But while there's nothing wrong with wanting to do well, you should in all seriousness be asking yourself if getting straight As is really an achievable goal.

As a general rule, two minutes of studying is recommended for every minute spent in class, so if you plan on taking a full course load, you'll find that being a student takes up about as much time as holding down a full-time job. Add to that time spent in labs, part-time jobs, social life and physical activity, and you'll quickly realize there are only so many days the human body can function without sleep.

So take my advice and avoid overloading your schedule, because you really do need the occasional lazy Saturday spent lounging around in sweats. And while padding your resumé might seem like the best way to ensure future success, be honest with yourself about how much you really want to do. There's absolutely no shame in admitting that, like me, you'll never actually go to the Nordic ski club's Sunday morning practices or take the time to write that letter to Amnesty International.

With the drop deadline only a week away, remind yourself that there's nothing forcing you to stay in BIO 108 and "tough it out." Keep in mind it's never too late to switch programs or even faculties. Trust me: sometimes there's nothing more liberating than throwing in the towel and admitting that 2006 was not the year you'd learn Russian tap-dancing—or whatever your pipe dreams may be.

NATALIE CLIMENHAGA  
Senior News Editor

## LETTERS

### Kicker comes clean on '06 absence

I had a chance to read the article that you wrote about the Bears kicking situation (re: "Controversy surrounds Golden Bear kickers," 7 September) and here are some facts that you might have not known about it. The reason coach Friesen found out about me not playing for the team at such a late date is because I never knew that I was going to play somewhere else until the day before I told coach Friesen. It was nice to find a team that wanted me. I am sure you are all still wondering why I left the Golden Bears football team and now I will tell you why.

In the off-season, coach Friesen had numerous meetings with us to find out ways, from the players, in which we could improve the football team. This was an excellent idea from the coach, so I made a strong case to find a kicking coach in order to improve my skills and help the Bears become a stronger football team. During the summer I met an exceptional kicking coach and I thought it would be an excellent idea to have him as my kicking coach. The only obstacle was that he did not live in Edmonton, so when I got the opportunity to work with him this year, I had to seize that opportunity.

STEPHEN WOZIMIRSKY  
Kicker/punter, 2005 Golden Bears

### Unreal time not had by all at beer gardens

You would think that after all of these years, the SU would get its act together. The year-opening beer gardens was a sad display of the year to be expected from the SU. Not only did they only have one tent, with two lines, to sell beer tickets to thousands of students, but they only had six lines in the entire beer gardens for people to pick up their beer.

We waited over 40 minutes each time we needed tickets and beer. It's pretty sad that you have to get in line right after you order two beer, so that by the time you get to the front of the line again, your beers are gone and you need two more.

The SU showed that they do not care about the beer gardens, nor do they care about setting a good first impression for their students. I mean, it's not like they didn't have all summer to coordinate the event and arrange volunteers. This sad display for an SU-organized event further exemplifies that the SU is too caught up in political BS, and doesn't have a grasp on reality and doing the right thing for their students.

If they are not going to make the most of the beer gardens, then I suggest they hand the beer gardens off to a student association that will put 110 per cent effort into the beer gardens, and will ensure that students are having the time of their life, rather than complaining about the lines, waits and unorganization [sic]. Jeez, that sounds a lot more like the year-end beer gardens, where no one waits and everyone is having an unreal time. Maybe the SU should take a few lessons away from that.

KENDAL HARAZNY  
Business IV



### Irwin's underwater eulogy a total croc

I think that the comic "Bitten" by Robin Sissons (7 September) in regards to Steve Irwin's tragic death was in poor taste. I don't think it should have been printed, as poking fun at someone's death is never humorous, it is classless. Perhaps I was so disgusted because I have travelled to Australia and I have been to Mr Irwin's zoo. I have stood three feet from him, watched him feed the crocodiles and seen his excitement and passion for wildlife first-hand. I have met his wife Terri Irwin and had a discussion with her as well as having our picture taken together. I have seen their daughter Bindi Sue and heard her talk about her love of snakes. People may not care for Steve Irwin's methods, but it is undeniable the positive effect he had upon people and the attention he brought to wildlife conservation around the world. He has spent millions of his own money simply buying acres of land in Australia for wildlife conservation. His zoo is no ordinary one. Animals have habitats, not simply cages. The kookaburra birds are free to come and go, and the kangaroos have acres in which to hop.

I hope you have the chance to see his zoo for yourself someday so you will see for yourself that the money he made went to helping the creatures and the world he loved. He was a hero to millions of people and taught them about something important: preserving the planet. This man was someone's son, someone's husband and someone's dad. Would you have printed a comic poking fun at the tragic deaths of those Mounties killed at Mayerthorpe?

BRIONY HITCHCOCK  
Education IV

### Longtime comics critic nun too impressed

To those who read the orientation issue of the school paper and turned away in disgust I can only say that it was representative of past publications. Having been a student at the U of A since 2002 I have seen the Gateway persist in spreading what Mr Edge refers to as "blatantly discriminatory" materials (re: "Cardboard comic crass," 7 September). Granted, the news and sports articles are generally free of controversy; the opinion articles and comics on the other hand show the ignorance and bigotry of certain contributors. An example of this can be seen in Thursday's comic "Queer" (7 September). It started out harmless

enough but rapidly degenerated into an affront on the dignity of Catholic nuns.

Although these submissions are held up under the much-abused banner of Freedom of Speech, they are not only socially and intellectually deleterious but damaging to the reputation of the University itself. I find it incredibly ironic that "the Gateway reserves the right to ... refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature," and yet seems to hold no such compunction about the contributions it publishes.

S SPARSHU  
Arts IV

*Letters to the editor should be dropped off at room 3-04 of the Students' Union Building, or e-mailed to letters@gateway.ualberta.ca.*

*The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.*

*To be considered for publication—letters to the editor should be no longer than 350 words, and should include the name, student identification number, program and year of study of the author.*



# Give students some credit, SU

There's a place for Mastercard applications—and it isn't in the handbooks the Students' Union handed out this year during Week of Welcome



ROSS PRUSAKOWSKI

For most of the year, getting hit by a rogue Frisbee, slipping on a patch of ice or ingesting some hot dogs of suspect quality are the main threats to life and limb students are likely to face when crossing Quad. During the annual Week of Welcome, though, things change.

Not content to have students potentially suffer indigestion while passing through the heart of campus, the Students' Union and the University apparently feel that students should have the opportunity to ruin themselves financially as well.

Thanks to both organizations' need for income, they're happy to allow credit card companies unfettered access to students. The SU even allowed card application forms—for the "University of Alberta Alumni Association Preferred MasterCard," no less—to be stuffed into handbooks, with little regard to the potential harm credit debt can cause students. This isn't entirely surprising with a University Administration focused on the bottom line, but it's disgustingly hypocritical coming from an SU that spends a fair bit of their time expressing concerns about the cost of education and student debt-load.

More and more, students are turning to credit cards to help finance their educations, and both the University and

SU are implicated in this amassment of debt. An in-depth study in 2001 by the federal government's Millennium Scholarship Foundation found that two out of every five students had accumulated outstanding debt on their credit cards, 19 per cent of whom were carrying debts of over \$2500—and that doesn't count the interest charges they had incurred either.

Though these Canadian stats might not seem that alarming, the numbers in the US, where credit card companies and universities have been partnering for much longer, are quite disturbing.

**The Admin is at least being consistent in their practice of selling out student's values and economic futures for a few extra dollars.**

In a 1998 study, the Consumer Federation of America along with Georgetown University sociologist and *Credit Card Nation* author Robert Manning found that students were carrying an average debt load of \$2000US. Moreover, one fifth of students were found to be carrying more than \$10 000US in debts—and again these amounts don't include interest. The study also found that the trend for students was to finance more of their university tuition on their cards.

Granted, educational costs in Canada and America differ greatly, but the reason credit card companies can be found on campuses in both countries

is the same reason tobacco companies previously targeted students as well: to get them hooked on their product and rack up greater profits than they would have otherwise if the credit cards didn't land into students' hands until graduation.

It's disappointing, though not surprising, that the University has decided to do what it can to throw open campus doors to credit card providers. The Admin is at least being consistent in their practice of selling out student's values and economic futures for a few extra dollars: they've shown no hesitation in the past in climbing into bed with businesses like Coke and Zoom Media to give them access to the student market.

However, for the SU to be such a willing party to these types of deals is shocking and saddening. Only a few months ago, this was an organization that ceased the sale of tobacco products in their businesses (though as a plebiscite, this was based on the wisdom of the student population and not necessarily that of the SU). And while credit cards might not kill you, they and the debt that comes with them can still do plenty of harm.

This makes it bitterly ironic that the SU is all too happy to take money from credit card providers and use it to fund services like the advocacy department, which spends a fair bit of time critiquing various student debt-relief proposals floated by the government. These critiques ring a little hollow given that the SU indirectly benefits and makes it easier for students to take on debt while doing little to educate students about the hazards of financing your education with a flimsy piece of plastic.

# Canuck values not the int'l norm



LUIS LÓPEZ MARTINELLI

**"My acceptance and openness to diversity, while average in Canada, puts me in the top tiers of liberal thinking in Mexico. What was once learned subconsciously by going with the flow in your country is now often defended by being at the crest of the wave down here."**

Even when I decided to study in Canada, I was certain I'd come back to my native Mexico. This way, I'd be closer to my family and to a community dearly in need of people who believe in it and can put the societal pieces together. I graduated from the U of A over a year ago, and now that I'm back home, I've come to realize that I absorbed lots of "Canadianness" without even knowing it.

Bluntly speaking, I went to Canada a homophobic Catholic, intolerant of other religions. Throughout the years, the situation turned around somehow. This isn't to say that I switched religions and realized I was gay, but I did make a few friends from the GLBT community—in fact, I almost dated a bisexual girl (and am still hoping to).

My religious views were also broadened while on exchange in Korea, where I attended a Buddhist temple quite regularly.

All these changes, I now realize, are central to my being and have added so much to my life. I learned all these values subconsciously by simply living in a Canadian university environment. I was slowly shaped by every little interaction I had: lectures, discussions, International Week, chats and

daily interactions. Therefore, I'd like to thank everyone in Canada—my coworkers, my classmates, my professors, my Lister floor-mates, my friends, my Canadian family—for making me who I am today.

The values and principles I acquired while in Canada really stand out in Mexico. My acceptance and openness to diversity, while average in Canada, puts me in the top tiers of liberal thinking in Mexico. What was once learned subconsciously by going with the flow in your country is now often defended by being at the crest of the wave down here.

I repeatedly find myself defending my views on ethics, multiculturalism, civil citizenship, corruption, and drinking and driving—sometimes even to myself. For example, while most Canadians feel a natural repulsiveness towards drinking and driving, the average Mexican feels all the prouder for pulling it off.

What's even more shameful is that corruption has tarnished the newly implemented police checks I was once so proud of. I go nuts hearing people brag about bribing police to get out of taking responsibility for their actions, just so that ten minutes later they can whine about corruption

at all levels of government. I say this in all honesty: there's not one single Mexican who wouldn't do away with corruption, yet there's only a handful who won't bribe.

Although I always knew I'd come back home, I had dreadful second thoughts for the first month I was here. When I left Canada, I already had enough points to become a permanent resident, and in couple of years, a citizen. A good friend even offered to marry me so that I could become a citizen much faster (although I get the feeling she was just after my international student tuition tax credits). It was tempting for me to make the jump to a Canadian standard of living, thus leaving Mexico with one less person from the handful of those who want to do things right.

I don't blame anyone who's decided to stay in Canada: there can be circumstantial wisdom either way. For the path I've chosen though, I must find a way to continue to keep in touch with and develop my Canadian self. There's much for me to learn and value in Mexico and I'm thoroughly happy being here, but I must do all I can to make my life beautiful, worthy and fruitful, and to make myself a better me.

Last April, while outlining the Students' Council Audit Committee's concerns with APIRG's business practices, Councilor Kustra said that APIRG does not follow Generally Accepted Accounting Principles (GAAP). This statement was published in the Gateway on April 4: "APIRG teetering on the edge of Bankruptcy" and April 6: "Kustra explains the APIRG investigation". However, according to APIRG's external auditor, APIRG does follow GAAP.

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